

Headache Research Report

APPENDIX B

Headache Case Summaries from the Cayce Readings

This extensive collection of case summaries constitutes the "data" from which the previous sections of this report were developed. The methodology was to use the Edgar Cayce Readings on CDROM (DOS version) to search for all "text" documents that contain the word "headache." The search produced 1,032 documents. Each reading was reviewed to determine its relevance to this report.

Readings that used the word "headache" in a nonmedical sense (slang), or provided no clinically relevant information were discarded. For example, several business readings described the effects of a specific business decision as producing more "headaches" than it was worth.

Having eliminated irrelevant documents, a primary database of 810 readings was left for analysis. Further searches of background and report documents supplemented the information contained in texts of the identified documents. A case summary was created for each reading.

During the search process, the readings were arranged in chronological order to provide a way of sorting our variability that can result from time and social factors. Previous studies of the Cayce health readings have indicated that the chronology of the reading must be considered to understand changes in the readings over time, especially with regard to the availability of specific therapies. Chronological listing does complicate analysis of series of readings for one individual. Readers of this report using the electronic version in Word format may find it helpful to use the "Find" option under the "Edit" menu to search for series of readings for a single individual.

Particularly relevant words and phrases within each case summary have been made bold to make them more easily recognized. This step was helpful in the analysis of the data and has been left intact as a convenience for readers of this report.

CASE REPORT SUMMARIES LISTED CHRONOLOGICALLY

433-1 FEMALE ADULT DATE UNKNOWN
ETIOLOGY AND PATHOPHYSIOLOGY: "The condition as we find in the body: first, the blood is impoverished and carrying so much of the toxins, which is being carried through the circulation is absorbed in the system through the impoverished condition in the intestinal tract, through the small intestines where the walls are at times so thin that the lymphatic circulation produces coagulation from used tissue. These toxins that are absorbed produced this condition much by taking into needed same a normal condition which is attached to by blood in the

body and gives sufficient liquidated character and quality without, producing the tiredness to the whole body. The character of the breathing without the pulsation is normal. There is no organic disease of heart or lungs. The feet are affected by the **poisons produced through the intestinal tract and the bowels. The languid, the morose condition and headaches and the action of these organs are affected from certain portions of the body....** (Q) What is the scientific name for this case? (A) Indigestion or dyspepsia in an acute form producing intestinal worms within the body from absorption or absorption in the body. (Q) What are these worms called? (A) Thread intestinal worms that come and go in the variations as are given and which carry with them much of the mucous that should be left within the walls of the body. "

TREATMENT PLAN:

1. Ragweed tea
 2. Diet - eat no pepper or salt, more wild game and vegetables
- COMMENTS:** Note autointoxication via intestine with possible leaky gut syndrome and systemic effects all resulting from intestinal parasites.

4703-1 FEMALE ADULT 10/31/10
ETIOLOGY AND PATHOPHYSIOLOGY: " **Suffers with the headache. Now begin here from the whole system here, [4703] - the trouble is here - the reflex that goes to the head here has begun along at the sixth cervical, second cervical in the facial muscles, around from here on through side to the temple and the head, through the eyes and temple from the reflex below at the eleventh dorsal down below and solar plexus nerve.** System comes in contact with the nerves from the spleen with a lesion from the strain with the spine. The spine comes in contact with the solar [plexus] system, and spine and pancreas with the nerves and tissue here to the liver and the stomach throws back into itself the pancreas juice, which is needed to aid in the digestion of the food that is taken into the stomach, not enough to produce this, here. **It is from the tie-up here in the nerve center and dorsal.** We have reflex from the sympathetic lower lumbar, second and third, that produce this, of course, and state at times. As we have a reflex from the solar plexus comes in contact above the liver and cardiac plexus produce the flushes of blood and we have pains in the shoulder and between the shoulders, we have that tired, stretchy feeling, **especially in the morning, and pains through the head, sick at the stomach because this comes back into the stomach,** followed by a better feeling."

TREATMENT PLAN:

1. Manual therapy to remove condition at 11D
 2. Peptone (pepsin supplement)
 3. Hydrochloric acid (for digestion)
- COMMENTS:** Note style of this very early reading and spinal lesions producing gastric problems. The Background report for this reading stated, "Mrs. [4703] has suffered for years from headaches which have baffled treatment.

3798-2 MALE ADULT 11/14/10
ETIOLOGY AND PATHOPHYSIOLOGY: "We have a condition existing here along the spine and upper cervical, right here, at the neck, fifth and sixth dorsal, and lower lumbar, we have lesions here produced from the state that the whole system has been in since we have had this trouble here through the intestinal tract. **This state here in the intestines, inside here, has produced the effect we have through the whole system; feeling bad, headache, pains through head, through the lower lumbar, tired and worn out.** We have the system relaxed from the pelvis through the intestinal tract and an overstimulation of

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the nerves of the cerebrospinal nervous system, produces an overtaxation of the nerve force and then we have no rest for the mind, soul or body or for the whole system. This in turn produced an irritation of this **malarial condition of the liver** instead of being taken out of the intestinal tract has created a disturbance all through the hepatic circulation."

TREATMENT PLAN:

1. Manual therapy for spine
2. Drink plenty of water to cleanse system

COMMENTS: Note infectious etiology with effects to hepatic system and intestinal tract. The spinal lesions appear to have been visceros-somatic in origin.

294-2 MALE 33 12/1/10

ETIOLOGY AND PATHOPHYSIOLOGY: "Now at times in the past, he has suffered **with severe headaches; what causes that headache? (A) In the pelvis.** (Q) How will we remove that? (A) To operate on it. (Q) In what way? (A) Here, from the side here. (Q) Cannot it be done by manipulation? (A) Cannot absorb it; it has hardened at times past you see; it is hard. See here the **testicle comes (here at the upper end of the pelvis) comes in contact with a lesion at the second lumbar, and there you see it forms a lesion, now between this lesion and into the pelvis here (right opposite to the left side and about two inches from the pelvis bone) has formed a clot or a knot at the time of cold or extreme excitement or anything to the nervous organism of the system; it produces then the pains that revert to the head, at the top, in the center.** Produce cold all along the spine and heat on top of the head. When we reverse this it settles in the organs, that is, in the weakest point in the system. Those come together again from these troubles in sympathy with the sympathetic system here at the stomach. We have at times, at the same time, a filling up of gases in the stomach; pains in the lower part, in the intestinal tract. We have a reverse and produces the condition in the intestinal tract itself. That is the after effects and not the cause of the trouble; the trouble is from the clot that formed here from this accident we have had here in the testicle.

TREATMENT PLAN:

1. Surgery
2. Hypnosis for aphonia

COMMENTS: This is an early reading given by Edgar Cayce for himself. Gladys Davis added the following explanation: "[294] reported that when he was a child he fell on a stick which went right through his testicle. It was a very serious accident and the healing was very slow." As a result of this injury, reflexes to the digestive system caused chronic intestinal problems and headaches. This reading focused primarily on aphonia (loss of speech) with hypnosis recommended for this problem. See later readings addressing headache and digestive problems.

3799-1 FEMALE ADULT 7/26/11

ETIOLOGY AND PATHOPHYSIOLOGY: "We have in this body two conditions existing in the organs of the body, which may be classed as one, because they act under the same head, that is the **liver and kidney. The pain is more from the liver.** The action in the system is shown by the eliminating properties of the kidneys themselves. The reverse forces, or the forces thrown out by that of the sympathetic system, through the body, shows accumulation in system, and in the lungs, along the lower part, at the connection of the diaphragm. We have the circulation of the blood, thrown into contact with the digestion of the stomach itself, - produces a filling up, or accumulation, as shown here, instead of being carried through blood as it should be and carried through the system, - causes an excess of matter here. The acid is

allowed to remain in the system, not being eliminated through the liver. **We have at times headaches, which is produced from the condition here of the liver and kidneys, sometimes from one, and at times from the other. The action on the gastric juices of the stomach and of the secretive powers of the liver, act toward eliminating the pains from the nervous system, i.e., the headaches.**

TREATMENT PLAN:

1. Spinal manipulation (especially 8-9D, 2-3L, 2-3C)
2. Drink plenty of water

COMMENTS: Note hepatic system and gastric etiology produced by spinal lesions. Also note simple treatment plan typical of very early readings.

4395-1 MALE ADULT 8/28/11

ETIOLOGY AND PATHOPHYSIOLOGY: "**The first of the trouble was in the pelvis, through the lumbar, or those from the nerve forces which dilate off from the last lumbar to the generatory organism, or through the pelvis, through the sympathetic, or through the cerebro-spinal coming in contact with the nerve ganglia and the celiac and iliac plexus, the forces of the external forces of the pelvis to the ends of the coccyx.** The others above are coming in through the generatory organs, through the circulation. The straining in this condition produced first an overtaxed nervous force in the body from the strain on the muscular force of the whole system. The strain and the taxation of the nervous force produced this, as we had here, **pains in the head, on the left side, in the left lobe, back here; dizziness, headaches, sickness of the stomach, feeling of wanting to vomit but not able to do so. Sympathetically we produce the same things through the secondary nervous force of the solar plexus: that is, here at the stomach, through the sickening, sympathetically.** Lesions being formed, or have been formed there then, here at the 5th and 6th dorsal, or those coming in the secondary cardiac plexus, those governing the circulation in the body... the same conditions as we had from the cerebro-spinal and that of the secondary cardiac, of the **forces governing the circulation to the heart, the upper part of the stomach and the head.** As the forces leave the conditions there we have the conditions that exist in the body now - lesions at the 5th and 6th dorsal, governing the circulation to the head, or at times we have a straining to the nervous force, in form of the character through that of the sexual nature, or through that of the secondary forces through the filling of the stomach, producing sickness. **We carry then the same force to the head, a dizziness, or forces producing a secondary lesion in the brain itself, sympathetically.**

TREATMENT PLAN:

1. Spinal manipulation
2. Balanced diet

COMMENTS: Note complex etiology beginning in pelvis, reflexing to digestive system and midthoracic spine and effecting circulation to the head producing secondary lesion in brain. Also note simple treatment plan of this very early reading.

482-1 FEMALE 26 9/4/11

ETIOLOGY AND PATHOPHYSIOLOGY: "We have at times over-excitement to the body. We have some congestion along here at the 8th, 7th, 6th dorsal, producing at times pains to the head and eyes, as the forces are shown. The muscular forces become taut and we have pain to the head through that of the supplying forces from the 5th to 8th dorsal and 2nd to 4th cervical. **Pains through the neck, and it hurts around under the chin, and throat; headaches through the top and back part.** (Q) What causes the aching? (A) The muscles become

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taut, and the nerve forces supplying to the blood force is not sufficient to relieve the pressure. The brain is the nerve center, or the seat, of all motion. When it becomes taut in any condition of the system we have a relinquishing of the same things upon the blood supply to those parts. The action of these forces - that is where we have **brain lesions**."

TREATMENT PLAN:

1. Electrotherapy (alternate X-ray and direct current)
2. Osteopathic manipulation (relaxing)
3. Basic diet - especially butter milk, apples, pears, wild game

COMMENTS: Note simple treatment plan of this early reading. Also note muscle tension along spine causing headaches and brain lesions.

3811-1 FEMALE ADULT 10/14/11

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, we have here in this body of [3811] two existing conditions. One produces the other. The condition is as we have at present from the plethoric condition of the juices furnished by the liver and pancreas, produced by an excitement to stimulating, or stimulus, to the nerve forces supplying here from those and from the kidneys, **brought about by the astringent condition in the pelvis and in the nervous condition over her body, producing reflex conditions in the nervous system...** The condition that is brought about is through the sickness in the pit of the stomach; a plethoric condition produced then through the opening of the cells in the lungs through the excess force here from the plexus here at the **ninth dorsal; pain to the head - headaches at times; sickness, dizzy sickness at the stomach, tired all over, heavy feet, pains through the limbs**, especially those from the celiac plexus here and ilium, all along the spine. Or we have a **general reflex condition existing through these, and we have lesions formed along the spine from these same conditions** - the tautness to the muscular force produced by the stimulus to the nerve supply of the body.... The general condition over the body as we have here from this condition brings about the conditions we have here to the nerve - excitable to forces in itself. That is, she is afraid of the actions of herself here. **Afraid "this will make me sick because it made me sick before", and this makes a nervous headache, and tired, languid.** (Q) What was the **beginning of the trouble?** (A) **The first along the spine, from the pelvis, from the 4th, 1st lumbar."**

TREATMENT PLAN:

1. Spinal manipulation (relaxing)

COMMENTS: Note complex reflex patterns from pelvis and lower spine affecting hepatic system and producing headaches. Also note psychosomatic component.

4534-1 FEMALE ADULT 7/9/20

ETIOLOGY AND PATHOPHYSIOLOGY: "The conditions that we have are an overtaxed system, both through the physical and mental powers, without supplying rebuilding forces and counter-balancing the used forces of the body in its action through the entire system.... **headaches from the back of the head and through the eyes...** The body at present is just weak and run down, and the blood is not in condition to rebuild it."

TREATMENT PLAN:

1. Change of location - be outdoors in open air
2. Diet - wild game and fish
3. Iodine and calcium chloride tablets
4. Glyco-Thymoline taken internally
5. Exercise in morning air

COMMENTS: The etiology seems to be general debilitation produced by overtaxation without specific cause of headaches.

4296-1 FEMALE ADULT 9/22/20

ETIOLOGY AND PATHOPHYSIOLOGY: "The liver in its functioning takes up, or uses up, at times more than one fourth of the supply of the blood in the entire body which affects the gall duct, producing **inflammation of the liver**. When the blood is carried to any portion of the body and just enough to other portions of the body to keep the circulation going, the action to the nerves is reflex, and this action is carried through the sympathetic nerve forces.... **There is a cold clammy feeling along the spine from the fifth cervical to the base of the brain, causing slow, dead headaches."**

TREATMENT PLAN:

1. Oil of juniper for duodenum and gall duct and spiritus of nitre for kidneys mixed as compound, taken orally
2. Alternate compound: Iodide of Soda, Bromide of Soda, Bromide Potassium
3. Avoid cold evening air
4. Diet - proteins without too much fat

COMMENTS: Note liver etiology with reflexes via spine to head.

3774-1 FEMALE ADULT 9/26/20

ETIOLOGY AND PATHOPHYSIOLOGY: "We have an **effect of the pneumogastrics to the sympathetic nerves in their reflex action to the sensory organism which affects the reflex muscles at times when heat or cold affects the body. The affect of this is felt in the head**, the throat, and the ears, and at times a sensation is produced to the eye, as after a coughing spell, and there is a roaring in the head. We have an enlargement of the glands at these junctions - between the **fifth and sixth dorsals and between the first and second cervicals, which govern the affected portions of the body. The thyroids as well as the pneumogastrics are affected.** Bacilli, or poison left in the blood on account of the blood not being perfectly clarified in the lungs, is carried back to the system. This produces a condition in the liver which acts through the entire nervous system. This carries the condition as we have through the entire digestive tract.... (Q) **What causes the severe headaches?** (A) **We have given this. It is caused chiefly by an effect which comes through the pneumogastric forces."**

TREATMENT PLAN:

1. Medicine: Bromide of Potassium, Bromide of Iodide, Bromide of Sodium, Peptotone
2. Manipulation or massage from 1C - 9D

COMMENTS: Note reflexes involving pneumogastric and sensory system. The medicine is a sedative.

294-3 MALE 44 1921

ETIOLOGY AND PATHOPHYSIOLOGY: "We find **floating lesion along the spine; especially at the 3rd, 5th cervical, 8th, 9th and 10th dorsal, produced by the strain on the nervous system, and muscular contraction caused therefrom. This produces the headaches and tired, languid feeling at times, also the vertigo, or dizzy feeling**, as the body feels the floor coming up to meet him. **All of this is produced by the condition we find in the pelvis and lower intestines;** also lesion in the lower lumbar. Lesions at the 4th lumbar are the more severe, hence the pain across the small of the back and through the hips, the tired feeling to the lower limbs; aching knees. There are no intestinal lesions, nor organic trouble in any of the organs of the pelvis, kidneys or liver."

TREATMENT PLAN:

1. Spinal massage with olive oil or sweet oil
2. Electrical vibrator treatment along spine
3. Wyeth's Beef Iron and Wine supplement

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4. Open air and sun baths; rest
5. Keep positive mental experience

COMMENTS: See other readings in this series for Edgar Cayce. Note pelvic etiology with reflexes through the system.

3757-1 FEMALE ADULT 1921

ETIOLOGY AND PATHOPHYSIOLOGY: "The body is an anemic body. The supply to the blood, of rebuilding cellular force has become so deficient that in the whole system the body had become anemic. The blood supply to the nerves and muscles of the body is deficient. **It begins from the state of digestion in the duodenum, formed by too much of acid state in the stomach and the acting of an acid carrying with it properties which leave an over supply of the dioxides in the system.** This action of the dioxides produces a system within themselves to such an extent that the over taxation of the excretory organs in the liver are so stimulated that they become enlarged and create a circulation through the hepatic circulation. So we have a functional trouble and an organic trouble within this body. **The body suffers with headache, pains in the back, heaviness to the feet through the lower limbs and at times pains through the whole body, especially along the intestinal tract.**"

TREATMENT PLAN:

1. Olive oil taken internally (cupfuls daily)
2. Alkaline diet (easily digested)

COMMENTS: Gastric hyperacidity affecting duodenum and liver is primary etiology in this case.

5473-1 MALE 48 6/8/21

ETIOLOGY AND PATHOPHYSIOLOGY: "There is carried some bacilli which should be eliminated from the system, which is at this time only of a temporary condition, unless allowed to become major in its action over the system. In the nerve forces we have that in this system, [5473], which is being affected at times on the nervous system, or certain nerves become in sympathy and work on the entire system, causing a great deal of trouble. **This effect to the pneumogastric nerves affects the system reflexly all over.** Especially do we find it affecting those through the secondary cardiac plexus and through the first ganglia of the solar plexus, which effect reaches the cerebro-spinal system causing the congestion, **producing the headaches, trouble at times with the eyes, pain through the eyes, and the sickness at the stomach.** Then again it acts reflexly through the digestive tract. The way the effect of this reaches the nervous system is through the **pneumogastric nerves, affecting at times the digestion, or when something is taken into the system that does not act with the juices of the stomach itself; also through the secondary forces (that is reflex conditions) affecting the sensory system (that is the sensory nervous system) through the ganglia along the dorsals from the ninth through the fourth, affecting all of this portion of the body during digestion in the system and a tightness or fullness is felt.** The condition as we find that produces this trouble is from the **cake or catarrhal conditions existing in the lower end of the stomach.** This is not at present a malignant form, or an ulcerative form, but rather a catarrhal condition produced by a **foreign substance in the system.** There is being produced an **enlargement of the lower wall of the stomach.** This congestion is caused either by cold or heat or by any excitement that increases the hepatic circulation. Again by a **torpid liver, reflexly. Again it is impossible to take anything into the stomach other than liquids.**

TREATMENT PLAN:

1. Wet cell battery charged with iodine attached to 8D
2. Plenty of water and vegetables to eat

COMMENTS: This is a fascinating dissertation on the role of the pneumogastric (vagus) nerve in headaches. Note reflexes from stomach through spine to sensory system in head. This ties together digestive and sensory symptoms associated with certain headaches. Also note possible infectious factor (bacilli) that produce "foreign substance in the system" possibly related to catarrhal condition in stomach. The vibratory energy from the wet cell battery was directed to solar plexus center for stomach condition.

4337-1 FEMALE ADULT 10/23/21

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the nerve forces within this system, we find as this condition exists, there is a **lesion in the lumbar region produced by overtaxed condition, produced some time before.** This has been external or internal. The nerve ends as being on ends, at the **second lumbar ganglia, the lesion** that is formed much by the condition of the system, through this and the **sympathetic system, produces the headaches, producing through the ganglia [word(s) missing] the gastric juices in the stomach producing the nervousness throughout the body."**

TREATMENT PLAN:

1. Wet cell battery attached to opposite wrist and ankle

COMMENTS: This appears to be a stress induced lesion affecting the digestive system and general circulation. The wet cell is essentially being used as a radial appliance to balance circulation and reduce stress.

3839-1 FEMALE ADULT 7/31/22

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system itself we find in the lower dorsal **an impingement of the lower dorsal centers** to such an extent that the ganglions of the lower lumbar and some portions of those is fed about the end of the solar plexus in the nervous centers to be impaired to such an extent as to hinder them in the action of the kidneys themselves; where they are from the kidneys, pain that was produced across the portions of the spine is produced from the nervous condition ... **it will reflex then from one through the sympathetics at the 9th dorsal and a reaction then in the brain - then we have pains in the head, headache, dull feeling in the head, and an aching dullness over the whole body."**

TREATMENT PLAN:

1. Compound: Tincture Valerian, Bromide Potassium, Elixir Calisaya, Simple Syrup
2. Compound: Cascara Sagrada, Rhubarb, Dover's Powders, Podophyllin
3. Chiropractic treatment of lower dorsal and lumbar

COMMENTS: The sedative and laxative compounds were to be taken at opposite ends of day. Note chiropractic treatment for specific spinal subluxation.

2553-1 FEMALE 25 10/9/22

ETIOLOGY AND PATHOPHYSIOLOGY: " In the nerve force within the body we find the **nerves high strung**, that, from many ganglia ... the expression to the system being that that causes the nervous forces to be exerted to such an extent to prevent the perfect **balance between the cerebral spinal forces and the sympathetic forces. Such reflex forces at times express themselves to the sensory organism.....** Defects that are shown caused from physical conditions are the **lesions we find at the second lumbar**, see? This gives the condition that is expressed through the digestive tract, through the over activity, at times, of the hepatic circulation, causing over-action at times to the kidneys, which is only **reflex** and not organic, causing at times the **reflex conditions** to the secondary cardiac plexus,

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which shows the difference we have in the heart action at these suppressed times; see? But this is only a **reflex condition** that is produced through the heart, not organic conditions.... **At the present time, now, we find the body suffering from headaches, you see; the pain is through the temple and through the eyes here. These are sympathetic expressions of the sympathetic forces we have on the sympathetic nervous system ..."**

TREATMENT PLAN:

1. Compound: Tincture of Valerian, Bromide of Potash, Elixir of Calisaya, Sufficient Simple Syrup
2. Regular exercise (setups and head and neck exercise)
3. Spinal massage
4. Compound: Gum Camphor, Sulphate of Morphia, Muriate of Iron

COMMENTS: Note complex reflex patterns producing systemic dysfunction and headaches. Also note two forms of sedative.

2722-2 FEMALE ADULT 10/12/22

ETIOLOGY AND PATHOPHYSIOLOGY: "The conditions as existing through the pelvic organs, throughout all of this portion, we find much in the same condition as when we had before, see? The strained muscular forces, the taxation to the organs themselves. **We haven't quite so much of the reflexes to the head, the headaches from these conditions are not as often nor quite as severe** as we have had, yet they show their effect of the condition in the system, see?"

TREATMENT PLAN:

1. Sponge bicarbonate of soda solution onto lower spine, then heat packs
2. Glyco-Thymoline douches
3. Hybrid wet cell/radial appliance with wrist and ankle attachments

COMMENTS: See previous readings. Note pelvic etiology.

100-1 FEMALE ADULT 10/24/22

ETIOLOGY AND PATHOPHYSIOLOGY: "The circulation is fairly good, except where we find there is at **times poisons thrown into the system from the existing condition in the hepatic circulation. This we see then so impairs the action of the nervous system as to cause the contraction of the muscular forces about the end of the stomach or the pneumogastric nerve, so that we produce this condition that exists at times in the head, see? the pains then go to the temple, to the base of the brain here, then around either side, you see, and it makes very excruciating pains at times to the top of the head also after suffering for a time.** They do not begin with that pain. These forces, that is, the nerve energy, being impinioned, they **present to the brain forces the condition, then we have an overflow of the blood to the brain** to care for the condition, see? this being produced by the **condition that exists through the intestinal tract rather than of the stomach itself, for the body suffers more from intestinal indigestion** than from lack of properties in the stomach to take care of the conditions. But we find that **foods entering the intestinal tract enter in an acid rather than a lactic state. Then the action of the juices created by the pancreas form the condition in the intestinal tract that produces the headaches and the nausea in the stomach, it being a reflection and the contraction of the muscles encasing the pneumogastric or center of head here at the base of the stomach.**

TREATMENT PLAN:

1. Spinal adjustments (9-12D)
2. Tincture of Ragweed

COMMENTS: Note reflexes from duodenum from improper pH with effects via pneumogastric to head. Also note the vasomotor disturbance to brain ("overflow of blood to brain"). Tincture of ragweed is a laxative and stimulant to the liver. The spinal adjustments were to the centers which influence the stomach and upper digestive tract.

4886-1 FEMALE ADULT 10/31/22

ETIOLOGY AND PATHOPHYSIOLOGY: "We find the circulation only becomes impaired or interfered with at **specific times, or at the time that it has the menstrual flow** of the body the disturbances usually show in the system, or when they should function these organs we **have reflexes producing conditions or disturbances to the nervous system** and causing much distress at times to the physical forces in the body. The nervous system as we find only shows through the action of the centers themselves, that is the plexus, and especially those about the lumbar region, that show the effect of the condition existing through the system itself, and the reflexes from these, with the condition as produced through the **intestinal tract, are from the conditions that arise in the stomach at times**, that it brings or gives an expression to the nerves that give off their expression of pain to this body. **That producing the headaches are the pains that come through the nerves governing the flow of the blood to both the stomach and the pelvic organs of this body.** Their condition gives expression to these centers, and is felt, or the warning of the condition existing becomes knowledge to the body through the nerves of the sympathetic nervous system, as here.... We have a **lesion about the 4th lumbar plexus, and this shows from congestion as is brought to bear through the pelvic organs.** We have a **reflex or floating lesion that at present gives to the system the knowledge of the condition as exists through the stomach and the intestinal tract, giving off these reflexes to the nerves of the cardiac plexus, producing at times just a bit of nausea to the body,** especially so every morning, or just after eating, if the stomach is over-loaded. This is **only reflex forces from the condition as exists through the nerve centers from the lumbar region....** The organs themselves, or of the brain centers, or of the cerebrospinal base, we find the action of the **brain forces are good. The pains that come to the left side, or the forehead here at times, only being reflexes and from the functioning of the organs, either directly or indirectly coming from the condition of the lumbar region."**

TREATMENT PLAN:

1. Electric vibrator treatment

COMMENTS: Note complex pattern of nerve reflexes involving 4th lumbar, pelvic organs, intestinal tract, and eventually the brain itself. Extensive instructions were given for using the vibrator all over the body, especially the spine, to produce relaxation and nervous system coordination. The mention of circulation impairment at menstrual periods may indicate menstrual trigger for headaches.

4704-1 FEMALE ADULT 11/11/22

ETIOLOGY AND PATHOPHYSIOLOGY: " **The pains along the back of the head to the top of the head at times are caused more from the condition in the specific organs than from other parts of the body, though they work together, you see.... The sensory organism is enacted upon in the nervous condition, more from the action of the pneumogastric with its coordinating center about the sympathetic cerebro-spinal sensory organism, or sensory nerve energy, that feeds from the trunk portions of the body. This, we find, occurs here in the fourth and fifth cervical ... There is a lesion, floating**

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lesion, in the fourth lumbar, caused by the overtaxed condition through the pelvic organs. Congestion from cold has caused the inactivity to some of these organs through the uterus, so they produce an overtaxed nervous force and its expression is given off at the fourth lumbar plexus. **This causes through the sympathetic nervous system the headaches as produced in the body at times, you see."**

TREATMENT PLAN:

1. Compound: Senna, Licorice Compound, Dover's Powders, Yellow Saffron
2. Compound: Yellow Dock Root, Burdock Root, Black Snake Root, Alcohol, Balsam of Peru
3. Exercises focusing on lower limbs and hips

COMMENTS: Note complex reflex patterns from pelvic organs to 4th lumbar to pneumogastric through cervical centers to sensory system and head. This individuals was also suffering from extensive digestive system problems as a result of the reflexes through the pneumogastric. The tonics were intended for the digestive tract symptoms and systemic cleansing. The exercises were to help relieve pressures in the pelvic region and lower spine.

4558-1 FEMALE ADULT 11/15/22

ETIOLOGY AND PATHOPHYSIOLOGY: "... the body, the feet are heavy, **the pains through the trunk portion of the body and to the head, especially to the back portion or top of head ... The action of the pneumogastric nerves show the relationship the conditions in the trunk portions of the body with the action of the brain force itself,** hence it is along this channel do we see the **effect of the conditions of blood force and nerve force in producing the head-aches** to this body for **the entrance of the pneumogastric to the brain force and extending almost through the cranium,** is at the first cervical and is part from the action of the cerebro spinal nerve center itself, **hence with the condition of cirrhosis of the liver and its effect on the conditions through the digestive tract and its reaction then comes through the nerves of the stomach or the pneumogastric, it in turn gives its expression to the brain force itself. The sensory nerve force and centers only suffer reflexly of this through the action of the pneumogastric,** at times this causes harshness, this feeling in the throat at times producing some phlegm, some cold and congestion, again it makes just the buzzing in the ear, you see, and producing at other times, now these are not always present, you see, **just reflexly at times the eyes burn and hurt and pains run up the back portion of the head.... The liver itself presents the seat of the trouble.** Those in the body being at present in the condition giving pain to the body reflexly through the diaphragm, to the lung expression, through the pancreas, duodenum and stomach to produce the **headaches,** and the pains through this portion of the body."

TREATMENT PLAN:

1. Neuropathic adjustments to equalize circulation
2. Tonic: Yellow Dock Root, Burdock Root, Snake Root, Dog Wood Bark, Prickly Ash Bark, Elder Flower, Alcohol, Balsam of Tolu

COMMENTS: This reading contains an important description of nerve reflexes from the liver through the pneumogastric to the upper cervical and brain involving "conditions of blood force and nerve forces in producing headaches" (neurovascular headache). Note sensory system symptoms associated with pneumogastric reflexes. Cirrhosis of the liver was cited as a primary cause.

81-1 F ADULT 11/17/22

ETIOLOGY AND PATHOPHYSIOLOGY: "This condition of auto-intoxication, also, produces the headaches that this body experiences at times, and it is not from the eye that this is produced, but from the **pressure on the nerve centers through the trunk portion of the body, and their reaction through the solar plexus to the ganglia governing the flow of blood and nerve matters to the brain.** Correcting one we relieve the condition throughout.

TREATMENT PLAN:

1. High enema (colonic irrigation)
2. Tonic: Sage, Ambergris, Balsam of Tolu
3. Specific exercise for bracial plexus
4. Stop worrying about sister

COMMENTS: Note how autointoxication produces neurovascular headache. This reading contains two extensive dissertations that are noteworthy. The first deals with how sensations are received through the sensory organs and translated into conditions in the body. " So the reaction comes to the organ in proportion to the general condition of the body at the time, as in this case, with the system absorbing poisons from the intestinal tract through auto-intoxication. When the body uses the eyes to receive impressions, the reaction comes to those nerve centers as governed by that portion of the sensory organism. Hence the gradual building into the system of that condition that at times produces pains through the back portion of the eye when under a strain, see; brought to the body, this condition is, by the condition through the hepatic circulation and intestinal tract and its action over the nervous system." The second dissertation discusses how food changes as it passes through the various steps of the digestive process beginning with salivation in the mouth until it passes "... into the colon, for the lower intestinal digestion here. We find the system absorbs the poisons to the body itself so the effect then passes through the emunctory glands of the trunk portion of the body and to the action of the solar plexus centers, reflexly. Then we find the action to the heart forces causing this condition of a full, a fluttering pulsation, as it were, being of the incorrect vibrations as we have seen given to the body of all of the action of the sensory organism." Thus is traced the effect of toxic colon on the sensory system resulting in headache with pain behind the eye.

294-4 MALE 45 11/27/22

ETIOLOGY AND PATHOPHYSIOLOGY: "The congestion as we have through the nerves that govern the expression of vibration to the brain force, from or through the pneumogastric is at the present time surcharged with suggestion, when the body is in its wakening or normal state. **In its present condition [trance state], now you see, it is amenable to the suggestion** that the body will be normal, and through the physical manifestations of all of the elemental forces is at the present time, and under the present conditions, perfectly normal in all its functioning in every manner, see? (Q) **Mr. Cayce, what will relieve this body's headaches and what causes it? (A) Suggestion to remove those conditions that produce the headaches will relieve the condition in the body, "that the circulation be so equalized as to remove any strain on any portion of the body or not to overtax the nervous system in any manner or form". The congestion produces the headaches to this body by being overtaxed through suggestion in the normal state, not in the spiritual or soul state.** The overtaxation comes to the body in the normal and affects the action of the forces that have to do with the psychical, spiritual or soul forces of this body, see?"

TREATMENT PLAN:

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1. Hypnotic suggestion during trance state

COMMENTS: This reading for Edgar Cayce himself provided the basis for using a hypnotic suggestion at the close of each reading to prevent headaches for which he was vulnerable. Note the suggestive effect operate through the pneumogastric nerve which was associated with his abdominal problems. See other readings in this series. Here is the actual suggestion given at the end of readings: " Now, Mr. Cayce, you will forget all about this reading you have just given, and all the organs of your body will function properly. You are feeling fine. Now, you will wake up in two minutes feeling splendid and all right, and absolutely free from any headache."

95-1 FEMALE ADULT 12/14/22

ETIOLOGY AND PATHOPHYSIOLOGY: "They have to do with the elimination of poisons in the system, and the effect as produced by this condition through the organs of the body, with the effect as produced on the nervous systems. In the nervous system we find there have been in times back, through some of the **portions of the pelvis, some conditions produced by a strain to the nerve forces, especially those of the ilium plexus.** Those have in part been abridged by the natural forces in the system, yet have left within the body the effect of this condition. Hence we have at times a **nervous digestion followed by headaches.** The body has troubles, then, with the **intestinal tract; the inclination of constipation throughout the whole intestinal tract; laggard circulation of both nerve and blood forces through the colon;** pains across the small of the back at times, nerve force reaction, see? The effect of this condition to the cerebrospinal nervous system is to produce within the body dissatisfaction and discontent, see, in every way.... Through the functioning of the organs themselves the **brain forces of this body are very good. The action of all forces of the cerebrospinal are all in accord, save when they, that is, the nerve forces of the brain, are acted upon by forces of the sympathetic system."**

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Prickly Ash Bark, Black Snake Root, Yellow Dock Root, Mandrake Root, Elder Flower, Balsam of Tolu
2. Specific exercise each evening

COMMENTS: Note pelvic etiology with reflexes to the digestive system. This reading mentioned autointoxication as a result of the digestive system dysfunction. The tonic was intended to cleanse the system. The exercise was to relieve pressures in pelvis and spine. The exercise was: "Each evening the body should take exercises just before taking the dose of medicine last, you see. The exercises would be of the specific nature and would be of this character: an upward and circular motion of the arms for the upper portion of the body, lifting the diaphragm as high as possible for two to three minutes; the circular motion of the body with the hands on the hips, first one way then the other for two to three minutes, see; then the stooping position, heels together just a bit apart, and stoop, see, and raise up for one minute."

3963-1 FEMALE ADULT 12/16/22

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the digestive tract we find here that which produces the condition that makes or brings the headaches to the body rather than of indigestion. It is of the nerve force reacting on the digestive center or that of the pneumogastric reaching these through the pyloric end of the stomach itself. The course of foods taken into the stomach of this body becomes enacted upon through nerve tension or nerve tension producing the extra amount of

secretions to the body, hence the condition as appears through this portion of the body."

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Dogwood Bark, Yellow Dock Root, Black Root, Elder Flower, Ambergris

COMMENTS: The tonic is for the digestive tract and general internal cleansing. Note pneumogastric involvement.

4610-1 FEMALE ADULT 12/18/22

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, the abnormal conditions as we find in this body have to do with the nervous system and are rather of a **psychological condition, and the effect this has produced on the physical body...** The fear has as much to do with the conditions as has the physical condition existing and was produced first by this fear, which came from a condition in some weeks or months past, see. Now, we have many portions of the system that **reflexly are effected by this nervous condition.** At times it shows to those nerves governing the **digestive forces and produces an overtaxed condition there, again with this reaction the hepatic circulation becomes involved and the effect is to give an abnormal condition throughout the intestinal tract. With this, there is at times, (now not always is this) produced a strain to the body that produces headaches in portions of the head and produces pains to the eyes at times."**

TREATMENT PLAN:

1. Mental suggestion or reasoning to overcome fear
2. Alkaline antiseptic for throat
3. Cold cloths over trachea
4. Head and neck exercise and upper body exercise

COMMENTS: This man had lost his voice. Note psychological etiology and effects on digestive system which produced headaches.

4839-1 MALE ADULT 12/30/22

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply in this system we find in the white and in the red corpuscles also are deficient, produced by the poor assimilation and the inability of the body to create an excess of the resistive cell force in the body; hence the tired, week condition over the whole body, the pains across the lumbar region, up the spine and the **headaches that come at times to the body."**

TREATMENT PLAN:

1. Medicinal compound: Gum camphor, Sulfate of Morphia, Muriated ammonia
2. Exercise outdoors in open
3. Cold water massage of spine

COMMENTS: Headaches were linked to general debilitation.

5692-2 FEMALE ADULT 1/8/23

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Where in the alimentary canal is the cause of the headache? (A) Alimentary canal - At the beginning of the Peyers gland, their reaction to the pneumogastric.... (Q) Why do the headaches come on at night? (A) From the natural inclination of the condition that produces same. With the body erect, and with the muscular forces of the intestines through the glands that become inflamed, and infectual when the body lies down, create more than when the body is in motion."

TREATMENT PLAN:

1. Tonic: Clary Flower, Cane Sugar, Ambergris, Gin, Cinnamon
2. High enema

COMMENTS: See previous reading. This reading observed that tonic had been prepared improperly. Note pneumogastric

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influence from Peyer's glands (lymph patches) associated with intestinal tract. Also note nocturnal pattern due to posture during sleep.

4190-1 FEMALE 25 1/20/23

ETIOLOGY AND PATHOPHYSIOLOGY: "In the digestive tract, we find, the stomach is smaller than it should be, produced by the contraction of the pneumogastric centers by the force applied to the system to relieve congestion, in times back, to the system, (headaches caused from this); hence the inactivity to the hepatic circulation to give the full flow of blood to the stomach to have perfect assimilation, hence there comes poor elimination through the organs of the hepatic circulation, and we have the torpidity of the whole hepatics..."

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Yellow Dock Root, Calisaya Bark, Buchu Leaves, Cane Sugar, Balsam of Tolu
2. Diet - more vegetables for better eliminations
3. Cold water massage of spine

COMMENTS: Note small stomach size and pneumogastric involvement.

4134-1 FEMALE ADULT 2/24/23

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the nervous system we find that which produces most of the distress to the system, but we do not have diseased nerves. The centers along the entire spinal column are in a state of excitement most of the time, you see. Especially those of the sympathetic centers and their connection with the cerebro-spinal centers, hence along the lower portion of the cervicals, at times through the base of the brain, where the headaches come in at times, and to portions of the side, through those at the secondary cardiac plexus centers and we find the body is unable to eat at times - through those of the ilium plexus or at the fourth lumbar centers do we find this heaviness, and especially the condition of the nerves involved between the cerebro-spinal and sympathetic centers. The body itself is over sympathetic in its action. The body uses the reserved forces of the mental to force the physical. The body uses its energy too much - overtaxes its entire system too much, you see. **The body worries too much - the brain forces and the physical forces are overtaxed.**"

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Yellow Dock Root, Calisaya Bark, Elder Flower, Yellow Root, Balsam of Tolu
2. Tonic: Clary Flower, Gordon's Gin, Ambergis, Cinnamon
3. Gentle massage of spine

COMMENTS: Note worry and overtaxation contributing to sympathetic nervous system hyperarousal.

4134-2 FEMALE ADULT MARCH, 1923

ETIOLOGY AND PATHOPHYSIOLOGY: "There are some troubles that have become aggravated in the system from overtaxation through the mental forces of the body attempting to dictate, as it were, against the physical forces, and the nerve racking elements have shown in the body and produce the headaches."

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Bromide of Potassium, Iodide of Potassium, Elixir of Calisaya, Elixir of Celerina, Tincture of Capsici
2. Electric vibrator along spine

COMMENTS: See previous reading.

4730-1 MALE ADULT 4/7/23

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the cerebro-spinal nerve energy we find the body very good, though the strain from many of the centers overtax the centers that are connected with the sensory organism of the system, hence the uneasiness, the pains to the base of the brain at times, the pain or the headaches of a dull nature, the pains to the eyes, but local, through this nerve force as we see through the region of the upper portion of the solar plexus where we find the junction of the pneumogastric nerves with the lateral forces of the sympathetic and cerebro-spinal and the eighth dorsal we find a costal abnormality.

TREATMENT PLAN:

1. Deep spinal manipulations
2. Wet cell battery/radial appliance hybrid attached to wrist and ankles
3. Exercise
4. Suggestion to self each morning and evening
5. Diet - vegetables and wild game

COMMENTS: Note pneumogastric involvement and sensory system symptoms.

4427-1 FEMALE ADULT 4/8/23

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system we find the strain on the system that produces the pressure that gives the headaches or the pains perceptible to the body in the head, see. These are produced from the pneumogastric center and act as reflex to the cerebellum. Through the sympathetic rather than of the cerebro-spinal they give the impressions through the ganglia about the first cervical, though the pressure as produces the condition is at the seventh and eleventh dorsal, see, the pressure being from the taxation to the nervous system from the oversympathetic condition in the vibrations as are given in this body and finds the expression in the physical through the expansion in the pneumogastric centers, see."

TREATMENT PLAN:

1. Diet - easily digested foods
2. Exercises - head and neck; rising on toes, pelvic roll
3. Phosphate of soda in water

COMMENTS: Note pneumogastric involvement. Rather than manual therapy, specific exercises were recommended to relieve nerve pressures along the spine that caused nerve reflexes to head.

171-1 FEMALE ADULT 5/10/23

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system we find that which produces much of the distress to the physical body, especially, that through the pneumogastric nerve center, so that at times we have to the second cervical plexus that, that produces the pains to the physical and the reaction is to the head itself, coming through the left side, the left lobe, and producing the pains to this portion of the body, see, the real cause being produced from the condition existing in the plexus opposite the pneumogastric center, this in turn being from toxins produced in the ascending colon and the absence of the secretions to the system from the Peyer's force, the toxins in the system raising the hepatic circulation and through the sympathetic forces, the cause of the digression of the strain and bring about the lesion thus formed here, see, the action of the cerebrospinal forces being sufficient to care for the condition in this region, that is, of the cerebrospinal force, see.... The reaction from the sympathetic nerve condition and the junction of the nerve plexus of the sympathetic and pneumogastric with the sensory nerve trunk to the body

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proper at times produces the over-stimulation to the organs of the sensory system, hence the blurry or improper incoordination at times through the organs of the sensory system, the speech, the sense of smell or sight or of hearing, see, may be under any of these conditions when the reaction comes from the action of the pneumogastric forces.... (Q) **Is there any special name for the condition of the head? (A) headache."**

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Iodide of Potassium, Bromide of Potassium, Elixir of Celerena, Capsici
2. Violet ray treatment along spine

COMMENTS: Note complex reflexes set up by toxic bowel via pneumogastric nerve to sensory system.

4642-1 FEMALE ADULT 6/13/23

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **Why does this body have headaches at periodical times? (A)**

Sympathetic condition with the whole system, as we have given, the sympathetic assumes or attempts to alleviate by distributing over the system any distress forces in the body.

With the condition of distress through the lower portion of the body the distress is to the head of alleviation through this portion of the body. Relieve the strain on the system, and we will relieve these conditions, see. **Sympathetic condition in nerve system produces headaches."**

TREATMENT PLAN:

1. Vibration to 7D
 2. Diet - vegetables to increase eliminations, no meats
- COMMENTS:** Sympathetic system reflexes were cited as cause of headaches.

4213-1 FEMALE ADULT 9/12/23

ETIOLOGY AND PATHOPHYSIOLOGY: "In the **blood supply in this system we find the quantity rather than the quality deficient in the body**, produced by the condition of elimination and assimilation in the body.... **Hence, the headaches through the cerebellum** and bearing down pains across the lumbar region - see? These are from assimilation of rebuilding forces to supply the blood charge in the system."

TREATMENT PLAN:

1. Tonic: Yellow Saffron, Senna, Buchu Leaves,
2. Deep massage or osteopathic manipulation

COMMENTS: Widespread systemic symptoms were noted in this reading.

4832-2 FEMALE ADULT 9/14/23

ETIOLOGY AND PATHOPHYSIOLOGY: "The **blood force in the body still has some of the elements as taken in the system from the lack of the excretory functioning of the liver and kidneys** and how the circulation is changed, and gives the full, achey feeling across the diaphragm, the heaviness in limbs and feet and **dull headache without any apparent centralization of same."**

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Bromide of Potassium, Iodide of Potassium, Elixir Calisaya, Elixir Celerina, Capsicum
2. Exercise taken lying prone
3. Sponge bath of spine after exercise

COMMENTS: See previous reading.

257-3 MALE 30 10/16/23

ETIOLOGY AND PATHOPHYSIOLOGY: "We find through the digestive tract and through the upper portion of the intestinal digestion, those that are producing at the present time the **inflammation to the mucous coating of the intestine itself**, so

the high state of the excretions being thrown into the system and the strain as produced to the body and the reaction **are producing the headaches from which the body is at present suffering**. Stimulation and non-activity through exercise we find giving the leaden weight, as it were, to the body, with outside influence, producing the condition as we have given here.

TREATMENT PLAN:

1. Follow treatments in previous readings

COMMENTS: This man was chastised for not following treatment plan. A letter indicated that this man suffered from severe headaches.

4273-1 FEMALE ADULT 11/2/23

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nerve centers of the body, with **this contraction ... through the nerve by the circulation passing along these centers**, see. Such as we have in the **sacral and ilium plexus and that in the secondary cardiac plexuses and in that of the plexus governing the action of the sensory forces in the sympathetic and cerebro-spinal, where all nerves enter the brain**. Hence the **dull headache at times such as this body suffers, see."**

TREATMENT PLAN:

1. Tonic: phosphate of soda, sarsaparilla, oil of white pine
2. Radial appliance

COMMENTS: Note nerve reflexes to sensory system and head.

3951-1 FEMALE ADULT 11/15/23

ETIOLOGY AND PATHOPHYSIOLOGY: "NERVE FORCE IN THE BODY, the cerebro-spinal nerve, **we find centers that show the specific action of the toxins on the system, and especially its relation to the blood supply**. Hence, the **pains the body suffers in the head**. Not always from the same specific condition do these headaches come, as we shall see in the organs, yet the first cause is from toxins in the system in the small intestinal tract and also in the transverse colon. **The sensory system suffers spasmodically from this condition.**

Hence, the reaction after these spasmodic pains to the head, in the eyes, at times in throat, at other times the roaring in ears and the taste becomes bad. The sense of feeling becomes exaggerated, for nearer to this vibration is the reaction from these conditions. ... **In the digestive tract we find with the nerve condition the stomach itself proper is smaller than should be for normal conditions**. This has its effect upon the digestive system and often gives the reflex that causes the headaches as produced at the base of brain and at the top, or crown, of head.... The liver laggard in its excretory and secretive functioning. The forces of the organ have become too much of the negative force in circulation. Hence, the flow of blood to the head."

TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Yellow Dock Root, Yellow Root, Calisaya Bark, Mandrake Root, Buchu Leaves, Balsam of Tolu
2. Phosphate of soda

TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Yellow Dock Root, Yellow Root, Calisaya Bark, Mandrake Root, Buchu Leaves, Balsam of Tolu
2. Phosphate of soda

COMMENTS: Note complex pathophysiology whereby different patterns are played out to produce headaches. Toxic bowel (small and large), small stomach producing disturbed digestion, and torpid liver producing increased flow of blood to the head were all cited as physiological triggers for headaches.

4761-1 FEMALE ADULT 11/21/23

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood itself then showing that this **streptococci in the bacilli is carried in the blood cells**. The number in **red blood cells then becoming deficient, and the rebuilding forces are likewise deficient**. Hence, the **tired feeling the body has at times**. The **slow, dull, headaches that come with the taking of food in the system**, at

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times giving this **nerve condition in the digestive system**. . . . IN THE NERVE SYSTEM, we find the nerve centers in cerebrospinal system in the **5th cervical segment, the 7th and 8th dorsals segment, the first and second lumber segment**, show the distraughtness of the nerve system, and from these come the distress to the organs that are governed from these nerve plexus. Those, especially, of the **sensory organism**. . . . Digestion, the **pneumogastric center in pyloric end of stomach**, shows the distraughtness and the cause of the existing conditions throughout the whole system."

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Bromide of Potassium, Iodide of Potassium, Elixir Calisaya
2. Deep massage

COMMENTS: The massage instructions were specific and directed to the digestive system: "Massage well that portion of the body to give the actions in proper form to the stomach. Emptying this, and enlivening the secretions from the liver sufficient to carry all this dross created by circulation from the system." Note poor assimilation and depleted blood supply linked to infectious process.

221-1 MALE 30

ETIOLOGY AND PATHOPHYSIOLOGY: "At times, when this **distress is in the eliminations, headaches ensue through the eyes, back portion of head, and the dull, laggard feeling, bad taste, over-excretions in the mouth**. . . . **Digestive tract, there we find the troubles with the system in the elimination; especially in the lower portion of digestion.** That is, the upper intestinal tract, or small intestines. Liver, as we see - one lobe is torpid; tendency towards cirrhosis, though not that condition at present, but rather one that has excess of malarial bacilli exhibited there. Spleen engorged, as is also the pancreas; so there are foods that are not easily digested in in this system, under the conditions. These are spasmodic. Not a continued condition . . .

TREATMENT PLAN:

1. Tonic: Burdock Root, Yellow Dock Root, Sassafras Root, Black Haw Bark, Yellow Root, Elder Flower, Balsam of Tolu
2. Diet - little of meats, more vegetables, little starches

COMMENTS: The tonic is to improve eliminations and digestion.

4119-1 FEMALE ADULT 12/3/23

ETIOLOGY AND PATHOPHYSIOLOGY: "**Stomach, itself, we find small, and inclined to be tipped too much to the lower end, by the muscles of the organ becoming too lax and allowing this to drop. This causes much irritation at times, and is part of the trouble causing the headaches, or the pains to secondary cardiac plexus that produces pains in the head, and sick nauseated stomach.** Liver torpid, from over-activity through this same condition, and an acid state existing in the system from this, and toxins formed internally give the gaseous expression of the liver itself in its functioning. Hence poor assimilation and elimination. . . ."

TREATMENT PLAN:

1. Tonic: Ragweed, Oil of Sassafras, Buchu Leaves, Golden Seal
2. Exercise followed by thorough rubbing of spine with coarse cloths and sponged off with cold water

COMMENTS: Note abnormal stomach size and position with reflexes through secondary cardiac plexus and sick headaches.

654-1 FEMALE ADULT 12/5/23

ETIOLOGY AND PATHOPHYSIOLOGY: "... for the **irritation through nerve forces from the nerves in ilium**

plexus, and in and about those portions of the pelvic cavities proper, we find this being **produced by irritation to the mental forces** most as much as through physical, therefore producing physical conditions in the system that cause much distress to the body, producing through the hepatic circulation distress signs, or signals, to the **lower portion of stomach, through the pelvic nerve, and also in the reflex nerves and tissue from this same center, to the transverse portion of colon region, though the seat of trouble is more in the pelvic cavity than of the colon's condition proper. This, also, we find, gives to the body headaches**, and the tendency to produce the tingling, or burning, sensation in nose, face and eyes, from this same reflex coming in contact with the perineural nerve system that produce this in and through lymph circulation."

TREATMENT PLAN:

1. Study Science of Life or Unity for mental healing
2. Charcoal tablets
3. Yogurt
4. Violet ray therapy

COMMENTS: Note psychosomatic aspects of this case. Also note pelvic etiology manifesting through colon and digestive system.

288-2 FEMALE 18 12/11/23

ETIOLOGY AND PATHOPHYSIOLOGY: "Only in the equalizing center between sympathetic and cerebro-spinal in the plexus center, in the **connection between the hypogastric, pneumogastric, and solar plexus central forces do we find where the equalizing or coordination may be thrown out of balance by any exceedingly nerve-racking cerebro-spinal, or over sympathetic forces in the system, to the detriment of the digestive tract, to the equalizing of brain forces, or blood to brain forces**, or these forces producing these conditions. . . . This, in conjunction with **the supplying nerves to the sensory system, finds expression in the eye**, and from this we have these direct conditions. The pressure in the circulation produces to the retinae proper, especially in the left side, that of astigmatism in that the lacteal forces do not bring parallel effect in reverse vision, or that the reflection brings the **burning sensation in its action for the lack of blood flow to the eye, or again with the repression there is too much, then the headaches are produced in the back of head first, then in through the temple to the nerves that govern the exterior portion of eye.** The lids burn. The reflex forces to optic nerve proper function normally. **This is produced first by this condition in the dorsal plexus center**, and by reflex vibrations has been brought about.

TREATMENT PLAN:

1. Specific evening exercises
2. Violet ray therapy

COMMENTS: Here is the specific exercise: "That of the circular motion for the upper portion of body, from hips up, placing the hands on hips and circle the body - see? First to the right, then to the left. That is, of course, when the body is relaxed. Then of the arms over-circle above the head, bend backward, bend forward, three times each motion. Then the head and neck exercise for the throat, larynx and eyes." The background report for this case indicates that his woman suffered from constant headaches.

4617-1 FEMALE ADULT 12/12/23

ETIOLOGY AND PATHOPHYSIOLOGY: "... in the blood forces, then, we find this below the normal, and this causes in the liver and the hepatic circulation the overtaxing of this. Hence at times the nausea of mornings, when the system from reaction produces in the **gastric portion or in the duodenum that of**

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lacteal forces, rather than acid, though of a lactic acid force in the stomach, resulting some headaches in the frontal part of face and eyes, reached by this same reaction in the pineal gland, reaching to the hypogastric center affecting the kidneys and bladder reflexly."

TREATMENT PLAN:

1. Tonic: Phosphate of Soda, Sarsaparilla, Canadian Balsam
2. Electric vibrator therapy along whole spine and abdomen

COMMENTS: Note pH imbalance in duodenum as primary factor in this case.

2243-1 FEMALE ADULT 12/14/23

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find the pressure produced from existing conditions in the **9th and 8th dorsals. This we find the strain on the nerve system from the condition or position of stomach proper. This we see being tilted, or dropped low,** as we will find by examination here. This producing then the taxation of nerve centers of the **pneumogastric and hypogastric centers or plexus, and producing through this nerve condition the pressure experienced in an over-loaded stomach, the loss of appetite at times, the pressure produced in intestinal tract, pressure at times on and about the kidneys, the pains that come when standing long on feet across the back, the dull headaches as experienced at times, again it comes through the temple, back of head and top of head.** Reflex forces as we see from this condition in the dorsal region, as given.

TREATMENT PLAN:

1. Deep manipulation in dorsal region and stimulation to stomach
2. Violet ray therapy

COMMENTS: Electrotherapy and manual therapy recommended to improve stomach position and digestive system functioning.

27-1 MALE ADULT 12/15/23

ETIOLOGY AND PATHOPHYSIOLOGY: "The strain came to this body in a wrench or twist of the body, and is in the **10th and 11th dorsal. This has formed a lesion in this region, which produces a strain through the plexus of the system, and is in conjunction with the hypogastric plexus and the frontal branches of solar plexus.** Hence, the disturbing conditions to the **digestive organs and in the circulation as is found in this portion of the body, and the reflexes from these to those centers in the 5th and 6th dorsals, and the body from this suffers from headaches** at times, we see.... In digestive tract the reaction from hypogastric forces the digestive organs create too much hydrochloric in the pyloric end of stomach, foods lie in the duodenum without being acted upon by pancreas juices."

TREATMENT PLAN:

1. Tonic: Dogwood bark, Black haw bark, Prickly Ash Bark, Balm of Gilead
2. Phosphate of Soda with sarsapilla added
3. Exercises (unspecified)

COMMENTS: Note effects of hypogastric nerve on intestinal pH. Presumably the exercises would address spinal lesion.

4151-1 MALE 45 12/17/23

ETIOLOGY AND PATHOPHYSIOLOGY: "... this dull, leadened feeling through the limbs, through the pelvis, across the small of the back, kidney pains, the oppression in liver, bad taste in the mouth, **headaches between the eyes, is produced by this unequalized elimination in the system, causing disturbance in the blood flow**.... Liver active and in-active. That is, in the excretory functioning we find poor activity, secretives active

sufficient, for the excitement of the nerves governing same at times has caused over secretions, yet this has produced in the lower intestinal tract that of the **toxin condition in transverse colon ..."**

TREATMENT PLAN:

1. Tonic: Ragweed, Buchu Leaves, Oil of Sassafras, Essence of Cayenne, Balsam of Tolu, Mandrake Root
- COMMENTS:** This tonic will balance and increase eliminations.

4616-1 FEMALE ADULT 12/18/23

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, quantity and quality deficient. Bacilli carried in blood. Low in rebuilding forces. In the organs of hepatic circulation the blood flow high. At times through the lower portion some inflammation. Little temperature, especially does this **occur when the discharge occurs through the menstrual periods, the headaches produced from this same nerve force,** and the strain as produced in the circulation. IN THE NERVE SYSTEM, we find there are centers tied, or lesions formed, causing pressure and the distress as is found in the system; **fourth dorsal producing that to the lungs, fifth and eighth dorsal, the diaphragm, and the upper intestinal tract, upper lumbar, the condition in pelvis** producing that condition in the center with the difference.

TREATMENT PLAN:

1. Chiropractic adjustments with heat and bicarbonate of soda first
2. Tonic: Yellow Dock Root, Burdock Root, Black Root, Yellow Root, Elder Flower, Balsam of Tolu

COMMENTS: In later years, hot Glyco-Thymoline packs were used to relax and alkalize the spine prior to adjustments. Note possible menstrual association with headaches.

487-2 MALE 5 1/5/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find the **hypogastric pneumogastric centers are taxed by conditions in digestive tract, and find reflexes in the centers that are branches of this center; those of the third and fourth dorsal, the eighth and ninth dorsal. Hence the achy, dull feeling, the headaches through temples and side of head."**

TREATMENT PLAN:

1. Castoria
2. Yellow Saffron Tea
3. Diet - predigested foods, beware of sugars
4. Chiropractic adjustments

COMMENTS: Note hypogastric/pneumogastric involvement.

4367-1 FEMALE ADULT 1/10/24

ETIOLOGY AND PATHOPHYSIOLOGY: "... the blood carrying the form of bacilli that has come to be a portion of the general condition in body, produced from **bacilli** from the exterior or that has been contracted in the system itself, and shows its effect on the functioning of organs in the system, especially those in the pulmonaries and the tissue in the organs of the pelvis.... IN THE NERVE SYSTEM, **many centers have become involved in conditions, especially those in the lower lumbar region, and reflexly those in the first and second cervical region.... Hence all the nerves of gestation and genitiation have become excited above their normal condition, and produces the reflex pains that cause the headaches** and the condition through the digestive tract, through the **pneumogastric and hypogastric centers,** causing pains at times in the pit of stomach, and at other times this same nerve condition produces the excess of secretions as thrown from the action of kidney themselves."

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TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Black Root, Yellow Dock Root, Mandrake Root, Buchu Leaves, Elder Flower, Balsam of Tolu
2. Violet ray therapy over whole body and for three minutes in vagina
3. Deep osteopathic manipulations

COMMENTS: Note infectious and pelvic etiology producing nerve reflexes to hypogastric and pneumogastrics.

780-2 FEMALE 35 1/11/24

ETIOLOGY AND PATHOPHYSIOLOGY: "There is in the antrum (right one) as yet that which exhumes in the circulation those of the poisons that bring to the whole system that brings the destructive forces in the blood supply, for with this **poison being carried in the system the organs of the nerve system give into the tissue that which gives irritation to the over action of the organs that affect the body in the giving of the equalized forces that act direct with the perineurial and the hypogastric centers**, for the action in the physical comes in contact with these in the **fourth cervical and in the eleventh dorsal**. In the action then as this gives or manifests the physical at the present, we find this gives **the dull-leadened headaches**, the over activity of the glands and organs in the excretory system, especially in that of the kidneys, and also that that produces the action in lymphatics to extremities."

TREATMENT PLAN:

1. Osteopathic treatment
2. Service to others

COMMENTS: See previous reading for more on cause and treatment recommendations.

4218-1 FEMALE ADULT 1/16/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find some of the centers, and especially the **epineurium of the centers, produce inflammation and pressure. This especially do we find in the fourth lumbar, and in the second dorsal. The effect then is headaches from a portion of the face, through side of the temple at times**, distressed feelings all over the whole system, with a tingling sensation, as it were clear to the feet, extremities. From the other centers produce the sensation as if the body was walking on eggs or air. Achy, heavy-laden throughout the lower portion across the sacral plexus. In that producing this is, as we find, from the lack of the blood forces to supply sufficient nutriment."

TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Wild Cherry Bark, Yellow Dock Root, Calisaya Bark, Balsam of Tolu
2. Diet: less meats, more green vegetables
3. Electric vibrator along spine and abdomen

COMMENTS: Reflexes from locomotory centers along spine were cited as primary cause of headaches.

4679-1 FEMALE ADULT 2/5/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find those conditions in centers where pressure produces irritation, **especially in the ilium plexus. This causes depression and headaches to the central or top and back of head, through reflex conditions**. Also produces irritation to the whole of the sympathetic nerve system, and other portions of the body suffer in accord with this condition. As we see, there becomes irritation to the digestive tract, and the same to kidneys and bladder, especially ... **Digestive tract shows affect in the hypogastric center from conditions in pelvis. The stomach proper not in place, but tilted to the lower or pyloric end**. Liver engorged by the deep circulation, and the intestinal tract

especially in the lower end shows the effect of irritation by secretions not being sufficient to function normal, and the toxins assist in the nausea and blood condition.... **In the pelvis proper we find that lesion in the fourth lumbar producing the disturbance and distress to the organs of the pelvis proper."**

TREATMENT PLAN:

1. Wild Cherry Bark, Yellow Dock Root, Burdock Root, Black Root, Elder Flower, Balsam of Tolu
2. Diet: easily digested, no meats, more green vegetables
3. Osteopathic adjustments to lumbar
4. Glyco-Thymoline/Boracic Acid douches

COMMENTS: Note pelvic etiology with lumbar lesions and reflexes to adominal organs and head

1187-1 FEMALE 45 2/7/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, the blood is deficient in quantity and quality, for it carries toxins, or the pus forming variety of bacilli in the system. Hence there are various portions of the body attacked in a general way by this condition, and the functioning of organs are affected by this.... IN THE NERVE SYSTEM, we find **those centers that become affected by this strain on blood supply produce across the region of centers thus affected the distress as we have across the sacrum, across the lower portion of solar plexus region, and the headaches to the base of the brain, with the eyes burning at times**. This, we see, is the reflex, or the signal rather of the distress in portions of the body. This pressure and distress caused from the ilium plexus center and solar plexus center, and affect the digestion at times. **The pus, we see, is produced principally from the condition in the antrum and with the teeth."**

TREATMENT PLAN:

1. Compound: Podophyllum, Licorice Compound, Cascara Sagrada, Leptandrin, Sanguinaria,

COMMENTS: This compound was to be taken in capsules presumably to cleanse the blood of the bacilli.

4471-1 FEMALE ADULT 3/4/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find that condition in **the lower lumbar and the sacral region that brings the distress to the body ... In the center then of the ilium plexus the reflexes give the sympathetic nerves that retraction that affects the hypogastric and pneumogastric centers, with their branches to the solar plexus. The dull headaches (not specific except at times) are produced from this pressure or condition there**. Also the reflexes in the **secondary cardiac plexus gives to the nerves of the facial forces** that that produces the tingling sensation in this portion of the body at times. Digestive tract we find with the hypogastric and pneumogastric reflexes we have a nerve digestion, or a nervous indigestion, spasmodically, or that is at times the condition arises. No organic condition."

TREATMENT PLAN:

1. Osteopathic treatment (lower spine)
2. Violet ray treatment

COMMENTS: Note pelvic etiology with reflexes to hypogastric/pneumogastric centers and thence to head.

4182-2 FEMALE ADULT 3/18/24

ETIOLOGY AND PATHOPHYSIOLOGY: "We see there have been those conditions accorded the system that have produced this aggravating of functioning organs, as we have in that of the pancreas, the spleen and the kidneys, with a **reflex condition to the nerve center of the hypogastric and pneumogastric plexuses. In the manner in which these**

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properties were prepared we find the trouble. In this we find not all of the properties as used were of the same age or condition and the mixing together being raised at a temperature that there were some properties that received the over strength in the mixture, these then becoming over-active to the organs these were to function with, as in spleen and pancreas, increasing the blood pressure in the liver and hepatics, taxing the kidneys rather than equalizing circulation and eliminating forces between the hepatic circulation giving the strain on kidneys and tending to congest liver. This acted then with the hepatics and pneumogastric, and increased the flow of excretory forces to the upper portions of body, causing nausea from the center itself. In the reflex, headaches, dullness to the whole system."

TREATMENT PLAN:

1. Prepare tonic correctly.
2. Neuropathic massage to equalize system

COMMENTS: This appears to be a case of iatrogenic medicine whereby a formula from previous reading was prepared improperly resulting in upset and reflexes to hypogastric and pneumogastric centers producing headaches.

4882-2 FEMALE ADULT 4/8/24

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find the lack of elimination, leaving congestion as it were, and coagulation in used forces does not take place properly. There is in the system then those toxins that have formed from this lack of perfect or of normal elimination, until the body becoming over balanced in this manner does not function normally, giving then the dull, nauseating feeling, or expression, to stomach, and upper intestines, with tendency for foods taken to sour before entering duodenum or being acted upon by pancreatic juices in the system, giving dull headaches, pains in the eyes, leadened feeling to lower extremities, with an uneasy feeling to the organs of pelvis, especially the kidneys."

TREATMENT PLAN:

1. Osteopathic massage to centers of elimination
2. Compound taken in pellets: Powdered Myrrh, Carbonate [Bicarbonate?] of Soda, Sulfate of Iron
3. Diet - vegetables for eliminations

COMMENTS: Note systemic toxicity and dull headaches.

1713-6 FEMALE 26 4/14/26

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Have the lesions disappeared? (A) Not entirely, else we would not have the pressure on the centers, producing headaches and the pains in the abdominal region.... (Q) What is the cause of the headaches? (A) As given. Centers and plexuses, and the condition in intestinal tract that causes constipation, or the lack of secretions being eliminated, toxins being absorbed in system, producing pressure on nerve centers."

TREATMENT PLAN:

1. Exercise
2. Violet ray
3. Osteopathic treatment

COMMENTS: See previous reading. This suggestion was given to improve violet ray treatments: "(Q) Is the violet ray being used properly? (A) Very good. Only should be accorded more to the left side where the lesions in the intestines and in the tissue about the ilium plexus shows more rays would be applied across the lower portion of the lumbar region, and the left side. Also we would give the ray more to the colon in its course across the body, beginning with the ascending on the right side and upward, and across the trace of the colon descending and the left side."

Osteopathy was added to previous treatment plan to assist in removal of lesions.

4120-2 FEMALE ADULT 7/1/24

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find that with a reaction in the nerve plexuses, hypogastric and pneumogastric, that we have had some distress through the digestive tract and the organs, as well as the headaches and the pains through lower portion of the chest."

TREATMENT PLAN:

1. Massage or chiropractic
2. Violet ray
3. Tonic: Tincture of Valerian, Iodide of Potassium, Bromide of Potassium, Elixia Calisaya, Tincture of Capsicum

COMMENTS: See previous reading. Note hypogastric and pneumogastric involvement.

4581-1 MALE ADULT 9/9/24

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been in times back a repression to the functioning of the pineal nerve and gland. This then caused the enlarging of this gland in the body, especially in the base of the brain. In the centers then along the system, where the sympathetic and cerebro-spinal connect, we find these are the property functioning of the sympathetic nerve system, the pineal gland and nerve being the seat of the forces as exercised in the sympathetic nerve system. Hence the organs that are under the repression of the nerve system in the sympathetic receive the reaction in their functioning. Hence we have at times a dull headache of seemingly no cause. Again it seems to be from eyes, or from repression in throat and bronchials. Again the effect is in the heart's action, affecting the breathing in lower portion of the lungs. Again we have the reaction to pneumogastric center and nothing seems to suit the appetite."

TREATMENT PLAN:

1. Spiritual study and application
2. Chloride of gold taken internally

COMMENTS: The close association between pineal and sympathetic system was noted in many readings.

4255-1 FEMALE 43 11/6/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE FUNCTIONING OF ORGANS THEMSELVES, in this we find the brain forces very good, and active, yet often through the mental and the sensory forces, especially through the feeling as is called in the sensory functioning of portions of the mental faculties, has the pressure come. This creates the expelling of blood to and from brain in such a manner as to give headaches, dizziness, fullness in spleen's combustion of red blood cell forces, and digestion through hypogastric gives the condition in circulation and through pneumogastric plexus the condition in the brain forces reflexly, that produces the pains that come to head and neck and portions of the body."

TREATMENT PLAN:

1. Osteopathic treatment combined with Rino Ray therapy (5-6D, 3-4C, L, S)
2. Diet - don't eat when upset, not too much sugars or starches

COMMENTS: Note vasomotor (vascular) aspect of headaches with involvement of hypogastric and pneumogastric nerves.

4318-1 FEMALE ADULT 11/7/24

ETIOLOGY AND PATHOPHYSIOLOGY: "... lesions in the 2nd lumbar plexus, that both disturbs the organs of the pelvis and through the reflex in pneumogastric disturbs the circulation through intestinal tract especially.... The trouble

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in the lumbar produced by lesions as caused at time of **birth of last child**, and the disturbance in the ovarian region being from these same lesions. **Hence the distress in headaches**, nausea and the repressions as produced in the action in pelvic organs."

TREATMENT PLAN:

1. Medicated packs for vagina
2. Deep osteopathic manipulations
3. Diet - include whole wheat and bran

COMMENTS: Note pelvic etiology due to lesion produced by childbirth with reflexes to pneumogastric. The reading cited tilting of the stomach in this case as well.

4491-1 FEMALE ADULT 11/13/24

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find lesions that disturb the eliminations, especially in the kidneys, producing irritation at times and again producing irritation through the functioning of the glands in the pelvic region. In the reflexes from these we find conditions in the upper cervicals that disturbs the circulation through facial portions of body at times.... Sensory organism, the organs of same, very good. Only under strain at the times, headaches produced by condition in pelvic region and in upper cervicals."

TREATMENT PLAN:

1. Deep osteopathic manipulations
2. Diet - green vegetables, little of meats except Wythe's Beef Iron and Wine
3. Wet cell with iodine charge attached to wrist and ankle

COMMENTS: Note pelvic etiology with reflexes to upper cervicals and vasomotor disturbance to face.

4796-1 MALE ADULT 11/17/24

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, we find this disturbed by **the poisons as are not eliminated through their proper channels**, and in its circulation we find that the sediments from poisons carried are left in tissue and centers that at times gives distress to the body. This we find signs of in the locomotories, especially in the limbs (lower limbs). This also produces the nausea, the **dull headaches**, and aches throughout the body at times, affecting directly the condition in the eyes, as we will see, with the strain produced in nerve system.

TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Wild Cherry Bark, Yellow Dock Root, Burdock Root, Sassafras Root, Mandrake Root, Buchu Leaves, Balsam of Tolu
2. Osteopathic manipulations
3. High enemas

COMMENTS: Note that systemic toxicity produced dull headaches.

106-2 FEMALE 48 11/18/24

ETIOLOGY AND PATHOPHYSIOLOGY: "There are disturbances in centers in the cerebrospinal system, both in the sympathetic and the cerebrospinal proper. Especially do we find these in the **lower dorsal and upper lumbar, and in the lower cervical regions**. These, in their present condition in structural forces, **produce pressure on nerve plexus** that sympathetically affect the heart's action and produce the distress in brain centers, or headaches.... This in the **lumbar and 12th dorsal brings the strain on the sympathetic system, which reacts with the cardiac plexus and sympathetic nerves, bringing distress in the vasomotor nerves**. This in the **4th and 5th cervical plexus** brings the distress to the sympathetic and adds to those conditions and brings the **pains in central portion of head; the eyes and to the base of brain, for it shifts; internal headache, as it were,**

passing through the medulla oblongata.... Strain produced in **times back** by the sudden change, or **twisting of body**, throwing the body out of equilibrium by impingements produced in the system. "

TREATMENT PLAN:

1. Osteopathic treatment

COMMENTS: Note explicit vasomotor (vascular) pathophysiology in this case linked to an injury and subsequent nerve reflexes. Also note interesting description of headache location. A background report indicates that, "Ever since the auto accident she seems subject to severe headaches about once a week."

4541-1 FEMALE ADULT 11/22/24

ETIOLOGY AND PATHOPHYSIOLOGY: "This we find begun first in the **12th dorsal, 11th dorsal and 2nd lumbar, and produces inertia in the functioning of the mesenteric glands**. This begun by **choking the eliminations** and causing the distresses in the lower intestinal tract. **Poisons assimilated by this condition produces the condition in the liver and upper digestion. The pressure on the nerve centers, reflexly, producing dull headaches**, the drosses becoming as listless reactions in the body.

TREATMENT PLAN:

1. Osteopathic manipulations (D & L) and for eliminating centers
2. Tonic: Tincture of Valerian, Iodide of Potash, Bromide of Potash, Elixia Calisaya, Elixia Celerina, Oil of Peppermint, Syrup of Sarsaparilla
3. Violet ray

COMMENTS: Note that systemic toxicity resulted in dull headaches.

779-7 MALE 36 12/16/24

ETIOLOGY AND PATHOPHYSIOLOGY: "... **poisons in the body, left, as it were, by imperfect eliminations** throughout the system and affecting these specific places, or producing specific conditions, as we find in the upper antrum in face, which comes from a form of catarrhal condition in nostril, and the teeth, affecting the throat, the bronchials, and the region of the upper portion of epiglottis. This, we see, gives then this distress, **producing dull headaches through the lower cervical region**, aching through the upper portion of the dorsal region, trouble in the neck, as of cold and congestion, tendency to find congestion through nostril, and is one of the contributing causes to the condition of eyes."

TREATMENT PLAN:

1. Drink plenty of water as medicine to set up eliminations
2. Tartaric Acid inhalant
3. Gargle aspirin water or Listerine
4. Violet ray

COMMENTS: See previous readings. Note dull headaches associated with systemic toxicity.

781-1 MALE 7 12/22/24

ETIOLOGY AND PATHOPHYSIOLOGY: "This produced by the **parasite in system** (intestinal tract) that destroys this glutens [glutenous?] force necessary to create this rebuilding cellular force. Also deflecting the circulation, and the body overtaxed through the digestive system. **The disturbances in the circulation, the tendency towards temperature at times, the deflected circulation, the nausea and headaches, or dullness in headaches, the production of this parasite in intestinal system**. Some we find in stomach, yet the intestines show more of these that are destructive to the system.

TREATMENT PLAN:

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1. Skip meal and next meal eat only raw cabbage or celery
2. Four hours later take tonic: Phosphate of Soda, Syrup of Sarsaparilla, Oil of Turp, Eucalyptol
3. Enemas
4. Balanced, rebuilding diet

COMMENTS: Note Cayce's unique solution for intestinal parasites.

140-4 FEMALE 22 12/24/24

ETIOLOGY AND PATHOPHYSIOLOGY: "The change in medicinal properties we will find will prevent so much distress to the centers producing **dullness and headaches**, for the overtaxing of the system will be greatly reduced with this change. **This reaches brain centers principally, through hypogastric and pneumogastric plexuses.**"

TREATMENT PLAN:

1. Osteopathic treatment
2. Medicine: Plain Phosphate, Syrup of Sarsaparilla, Rectified Oil of Turp

COMMENTS: Note explicit involvement of reflexes from hypogastric and pneumogastric to brain producing headaches. A background report indicates that she suffered from severe headaches.

4198-2 M 34 1/14/25

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Give cause and cure of headaches. (A) Result of pressure, especially on the reflexes from hypogastric center from the lower end of the spine, and the lack of coordination throughout nerve system. The reaction that will occur brings headaches."

TREATMENT PLAN:

1. Rino ray treatment of spine
2. Deep osteopathic manipulations

COMMENTS: Note that reflex to brain is via hypogastric center from end of spine.

182-1 MALE 36 1/21/25

ETIOLOGY AND PATHOPHYSIOLOGY: " In the eyes, ears, nose and throat, in the sensory system, we find these conditions that bring from **the eliminations the disturbance as is produced in the left eye** at the present time. Hence this condition becoming the deflection in nerve and blood, and the effect of elimination in system. This produced, as we see, **in times back, from an abrasion, or cut, or bruise, on portion of head (right side), and shoulder, and this producing a lesion in formation in the 2nd dorsal, 4th and 5th cervical.** Then, with this form of lesion, with poor eliminations, we bring about that condition wherein the pressure comes to the portion of sensory system, affecting the eye proper, catching then, as it were, the cross nerve from right to left portion, affecting more the cavity of the eye than the nerve proper of the eye, though these, as we see, need correction. This, then, produces **irritation to portion of the nerve in the facial portion**, becoming exaggerated. The lymph in the action producing then the irritation to the lid, to the ball itself, though not the optic forces so much, yet **this reflexly gives distress in the central and top and side portion in brain centers, producing headaches.**

TREATMENT PLAN:

1. Osteopathic treatment - deep manipulation and setting up drainages
2. Alpine ray

COMMENTS: The headaches in this case appear to be secondary to eye problem caused by spinal lesion and poor eliminations.

3776-4 FEMALE 69 2/9/25

ETIOLOGY AND PATHOPHYSIOLOGY: " That in the **8th and 9th dorsal gives disturbance of the exaggerated nature to the mesenteric system**, so that when there is taken in the system properties not agreeing with the condition of the digestive system, the body attempting to create equalization through disturbed circulation and blood supply, **overflows often the hypogastric and pneumogastric plexus**, with lymphatic secretion rather than blood supply to create coagulation necessary to meet the disturbance in system.... In **digestive system**, the lack of the properties to keep the system in the even keel, when the system is taxed by any abnormal quantity of that producing **either too much acid or too much sugar** to the system. Then we have this overflow through mesenteric system and too much of the **pressure is brought on the lower digestive system, and the circulation being impaired produces headaches, pressure on hypogastric center**, producing reflex pressure through the pulmonaries and through the lungs proper.

TREATMENT PLAN:

1. Osteopathic treatment for subluxations and equalize circulation
2. Pepsin with charcoal tablets and honey
3. Basic alkaline diet - meat juices rather than meats, no highly seasoned foods, little sweets

COMMENTS: Note spinal lesion upsetting digestion with reflexes to hypogastric and pneumogastric nerves. A report in this file indicates that she suffered almost daily headaches.

2646-6 FEMALE ADULT 2/11/25

ETIOLOGY AND PATHOPHYSIOLOGY: "... the strain as is produced sympathetically on the sensory organism, or the nerves there of that branch from cerebrospinal and sympathetic ganglia, these show the effect, especially, in eye.... **Be well were the glasses for this body be changed**, and in such a manner that when indoor and out of door, different lenses will be used for the eyes, for with that of close vision, and with that of distant vision, there is such a difference as when one is used for the other there is **a strain produced on the optic centers proper.** Hence the indiscretion, the body, the force, the system, to change as it were so quickly, for with the strain in body, coordination takes place slowly, rather than quickly. **Hence from this we have headaches in the back part and top of head, through the temple and face.**"

TREATMENT PLAN:

1. Osteopathic treatment
2. Changes glasses
3. Radium pad

COMMENTS: The headaches resulted from eye strain. See previous readings for complete etiology.

2233-1 FEMALE 37 2/13/25

ETIOLOGY AND PATHOPHYSIOLOGY: "In the organs of pelvis, we find in the ilium at times back there has been **lesions** that show their effect at present in the system.... (Q) **What causes the headaches about once every four weeks?** (A) **Depressions as are given in the ilium forces attempting to create equilibrium in system.**"

TREATMENT PLAN:

1. Chloride of Gold taken orally
2. Compound: Phosphate of Soda, Syrup of Sarsaparilla, Oil of Turp
3. Attitude adjustment (stop self-condemnation)
4. Basic diet to improve eliminations

COMMENTS: Note pelvic etiology with psychological aspects.

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4387-1 MALE 30 3/21/25

ETIOLOGY AND PATHOPHYSIOLOGY: "There are times when the body suffers from **dull, slow, headaches, seemingly produced from stomach. No ... for the seat or cause of conditions exists in the upper intestinal digestive system, where we have thinned walls that cause toxins to be absorbed in system;** hence producing through the glands of the body the conditions as exhibited in this body, and these, as we see, produced from times back when the body had a spell of slow fever.

TREATMENT PLAN:

1. Tonic: Peptonone, Yellow Dock Root, Stillingia, Poke Root, Red Clover, Sassafras, Tolu

2. Basic diet – increase fruits and vegetables, little meats

COMMENTS: Leaky gut syndrome was cited as primary etiological factor for dull, slow headaches.

294-22 MALE 48 4/2/25

ETIOLOGY AND PATHOPHYSIOLOGY: "The pain, distress, as is caused in the right side is produced by the **strangulation as is given in the gall or bile ducts,** in their attempt to function in the normal manner. [Cholecystitis?] **The pains in head, the nausea, we find produced from the sympathetic reaction of the hypogastric and pneumogastric plexuses** in their relation to the condition existing in the organ. And the lack of eliminations in their proper form produces the conditions in tissue throughout the system.

TREATMENT PLAN:

1. Osteopathic treatment to drain gall duct

COMMENTS: See other readings in this series for Edgar Cayce. Note gall bladder etiology with reflexes via hypogastric and pneumogastric to produce headaches. A background report supports gall bladder dysfunction and indicates that the headache was at the base of the brain.

569-1 FEMALE 44 4/10/25

ETIOLOGY AND PATHOPHYSIOLOGY: "In the sensory organism and their functioning, these we find under stress and strain, especially the eyes, where the extenuation of the reducing or eliminating of used forces cause distress in the amount of the necessary rebuilding forces being deficient. This causes **pain and stress to the facial nerves,** and especially to the nerves of the optic forces, producing then the hardening, or the cutting off, as it were, of the tissue and of the issue necessary for the functioning nominally of the eye. This we find produces obstructions to vision, in the manner of vision. Also produces pains to the portions of the eye itself, **inducing headaches to the base of the brain, on top of the head, and through the eye, especially across to the nostril.**"

TREATMENT PLAN:

1. Changes glasses

2. Osteopathic treatment to upper dorsal and cervical

3. Alkaline diet

4. Bi-So-Dol or Phosphate of Soda

COMMENTS: The headaches were linked to eye problems. Other sensory dysfunctions were noted suggestive of systemic etiology, hence adjustments to upper spine. Digestive upsets also noted. Reports with this file state: "My right eye is almost gone - didn't realize it was so bad until I closed my left one and the sight is in bad shape, and - like Mrs. [3776] – I suffer with the headache almost daily, though the worst pain is in my eyes. I realize I need new glasses and if you mention it in your rdg. I will get them at once."

257-9 MALE 31 4/13/25

ETIOLOGY AND PATHOPHYSIOLOGY: "Circulation above normal, producing temperature, by conditions not being eliminated properly; producing nausea, headaches and the reflex from same like chills or congestion in body; soreness in all mucous membranes that are used more than normal.

TREATMENT PLAN:

1. Balanced diet

2. Inhalant

3. Spinal adjustments

4. Exercise in open

5. Compound: Podophyllum, Leptandrin, Sanguinaria, Yellow Saffron, Licorice Compound

COMMENTS: See previous readings.

243-3 FEMALE 45 4/15/25

ETIOLOGY AND PATHOPHYSIOLOGY: "The organs of the pelvis, with their change, and congestion as has been and is produced in the change [menopause?] coming to the body, irritates the body both sympathetically and through the pressure produced in the ilium and sacral plexus to the cerebro-spinal system, causing most of the headaches, unless produced, as given, from indiscretion in eating when under strain."

TREATMENT PLAN:

1. Rest

2. Basic diet

3. Osteopathic treatment

4. Glyco-Thymoline douches

5. Stupes (Tincture of Myrrh and Aloes)

6. Elm water and lemon water

COMMENTS: Note pelvic etiology. See previous readings.

106-7 FEMALE 48 4/20/25

ETIOLOGY AND PATHOPHYSIOLOGY: "... a nerve condition, produced by **unbalancing of the hypogastric and pneumogastric plexuses, producing nausea, headache,** to the body.

TREATMENT PLAN:

1. Petrolagar

2. Basic diet

3. Lime water, Cinnamon, Iodide of Potassium, Bromide of Potassium for motion sickness

COMMENTS: The headaches were associated with motion sickness. The lime water solution was the primary treatment for this problem. Note hypogastric and pneumogastric involvement.

4622-1 FEMALE ADULT 6/22/25

ETIOLOGY AND PATHOPHYSIOLOGY: " IN THE NERVE SYSTEM, in this we find there are specific centers that need attention, for with some conditions existing in the body **in times back, when we had some infectious conditions, there were lesions formed in the body that causes these distresses to the various functioning organisms. These need attention. In the specific places, we find in 3rd and 4th cervical, 2nd and 5th dorsal, 2nd lumbar, the dorsal and cervical being the greater, the lumbar rather reflex.** In these plexuses the subluxation prevents the proper incentive through nutriment as received by the sympathetic and reaction in cerebro-spinal nerve systems. Hence the clogging at times, the condition as produced in eye, the condition in the **digestion and in the intestinal tract...** In the **digestive system, the reflexes as are produced at times causing the gas to form, a form of nerve indigestion rather than indigestion - nervous indigestion.** This produces a taxation through the mesenteric system and the tendency towards

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constipation, and the condition as produced in **the false pelvis and the organs of pelvis**. With the extra secretions as are eliminated from kidneys producing then, through this pelvic action and through the action of **the lesions as are formed in the dorsal region, a strain on hypogastric and pneumogastric systems**. Hence the dull headaches that come from the eye, the dull pains at times as produced in base of brain and top of head come from the condition in the digestive system. Two different kinds of headaches then as are produced."

TREATMENT PLAN:

1. Tonic: Peptotol, Elixir of Calisaya, Syrup of Sarsaparilla, Bromide of Potassium, Iodide of Potassium, Elixir Celerina
2. Osteopathic manipulations

COMMENTS: Note complex reflex patterns with pelvic organs and digestive system involvement producing two kinds of headache. Note hypogastric and pneumogastric reflexes. The effects of the ingredients of the tonic are: "Of Bromides we see acts with the nerve system. Of the Elixir as is carried, of the nerve rebuilder. Of that of the Sarsaparilla as a restrainer and strainer for the blood itself. Of the action of the other properties, as a toner, as it were, rather than sedative, to liver and spleen functioning."

4638-1 MALE ADULT 6/29/25

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, while we find the pressure in this abnormal, yet the elements of the blood supply itself show the **lack of eliminations being carried properly in the system**. Hence the color as is shown in the capillary circulation, the condition as is produced through the intestinal system, the strains, the inflammation as is produced in the mesenteric system, the headaches, the nausea, as is produced from time to time in the body, comes from reflex conditions, or the assistance in the functioning of organs in their various cycles, attempting to create an equilibrium in the body.... IN THE NERVE SYSTEM, this we find in **reflex conditions inactive, for the solar plexus center shows how that the system, in attempting to create the equilibrium in the hypogastric and pneumogastric plexus ...**"

TREATMENT PLAN:

1. All water to contain Yellow Saffron or Slippery Elm Bark
2. Small doses of olive oil
3. Tonic: Sarsaparilla Root, Wild Cherry Bark, Yellow Dock Root, Yellow Saffron Bark, Black Snake Root, Balsam of Tolu, Cinnamon
4. Basic diet including junket and arrowroot, no meats

COMMENTS: Note digestive system dysfunction with reflexes from hypogastric and pneumogastric.

4409-1 FEMALE 39 7/11/25

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, this we find very much used beyond its normal abilities and capacities. Hence a nervous disposition, in a manner, has been created in the physical forces of body. **Nervous headaches are the results often from these conditions. Pains through the back portion of the head.**"

TREATMENT PLAN:

1. Electrical vibrator along spine, abdomen, extremities
2. Tonic: Tincture of Valerian, Tincture of Stillingia, Elixia Calisaya, Essence of Celerena, Bromide of Potassium, Iodide of Potassium, Syrup of Sarsaparilla, Peptotol
3. Basic diet – little meats rather juices of meats
4. Bible study for mental and spiritual development

COMMENTS: Nervous headaches produced by general debilitation resulting from overexertion. A report with this file states: "I have been having a series of headaches, that rendered

me incapable of anything like work. Six days and nights, I had this throbbing headache, and the only relief was through hot applications of steaming towels. My eyes hurt constantly, and I am becoming alarmed concerning them. In taking exercises, I hurt the back of my neck, and it has been sore for about seven weeks, and one vertebrae, about the center of the neck is very sore to the touch. My eyes have been hurting, for the same length of time, that my neck has been sore, and I believe they are in some way connected in the neck and eye troubles."

136-11 FEMALE 20 7/21/25

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find the greater distresses are brought to the **sympathetic nerve system of the body, and we find that the digestive system becomes involved in same and that the eliminations**, especially as those have to do with the used forces of the systems, returning in increased number to the physical organism, producing then a form of toxins in system that brings distresses to the body at times, in a form of **acute pain to the organs of sensory system and to the brain centers proper that dilate, affect or produce the sensory functioning from same ...** Then, the effect direct as created is to the **head and eyes**. This, as we see, takes rather the form of becoming irritating to the sensory system, or the body finds itself easily aggravated, tormented, teased, as it were, when it desires to be opposite. **The body feels depressed, weakened, headaches**, when it desires to be most active.... (Q) **What is the cause of the headaches and what will relieve same?** (A) **As given, the pressure as produced in the sympathetic nerve system on the sensory forces of the body, by congestion from the improper eliminations, produced by change in climatic forces, surroundings in mental and physical forces for the body**. As given. These, relieved in the manner given ..."

TREATMENT PLAN:

1. Usoline taken orally
2. Vegetables that grow above ground, fruits, whole grains
3. Exercise in open
4. Psychological study

COMMENTS: Note association of sympathetic nervous system reflexes to sensory system with vasomotor effects.

4865-1 FEMALE 43 8/10/25

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, this we find deficient in many respects, produced by the system's not being drained properly in the emunctories of the system, especially in the kidneys. **The inflammation as is created in the system through the reflexes from this condition often produces the nausea, headaches and depression in system, especially to the lower digestive system. From this the absorptions of toxins cause the exaggerated condition in the system.**"

TREATMENT PLAN:

1. Phosphate of Soda, Syrup of Sarsaparilla, Oil of Turp
2. Spinal manipulations
3. Radial appliance
4. Blood building diet

COMMENTS: Systemic toxicity noted.

4509-1 FEMALE ADULT 8/24/25

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes extreme nervous condition accompanied by severe headache, stomach trouble, soreness of spine, and melancholia?** (A) **The inability of system to react, as is given in the first. We find the connections, as it were, through the system of the nerve portions of body, in that of the nerve (pineal nerve,**

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see?) **connecting with the hypogastric plexus, which enters the brain in the same centers**, we find when this reaction to the system is in its functioning, as it were, the melancholia, the despondency, the reaction to the stomach, all portions of the spine, all centers are retractory forces, as has been shown, see? This, then, is the result of **non-coordination of the system through both sympathetic and the physical forces of the body.**"

TREATMENT PLAN:

1. Alpine ray therapy
2. Radial appliance carrying gold and silver

COMMENTS: Nervous system incoordination was cited as a primary cause with reflex conditions throughout body.

136-13 FEMALE 21 9/30/25

ETIOLOGY AND PATHOPHYSIOLOGY: "Needs be that the **eliminations** in the system be kept regularly and regulated from time to time.... The **headaches, the nausea**, is that of the physical forces taking their normal action."

TREATMENT PLAN:

1. Osteopathic massage for better eliminations
2. Keep in open as much as possible

COMMENTS: Note poor eliminations. See previous readings.

139-2 FEMALE ADULT 10/9/25

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What may she do to prevent getting so terribly train sick, as she always does? (A) Using those properties, as has been given for **train sickness... without too much foods will prevent the nausea, train sickness and headaches** produced from same, see?"

TREATMENT PLAN:

1. Lime water, Cinnamon, Potassium Iodide, Potassium Bromide

COMMENTS: Note standard remedy for motion sickness and caution regarding diet.

4892-1 FEMALE ADULT 10/12/25

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, the strain as produced in the functioning system and the centers that have the subluxations, these combined, produce the strain on th nerve system, as we see, in **the 6th dorsal center, that subluxation that produces most of the headaches as come from this condition and the effect that is produced to the frontal portion of face and at times affecting the eyes, comes from this subluxation, for this prevents the flow of blood in a normal manner through the head in certain channels. Hence the pains in central portion of head and through eyes**, and in this condition the antrums in frontal portion of face become affected, giving then, with the circulation and the poor eliminations there, this form of neuralgia in face.

TREATMENT PLAN:

1. Compound: Podophyllum, Cascara Sagrada, Dovers Powders, Sulphate Quinine
2. Phosphate of Soda, Syrup of Sarsaparilla
3. Violet ray therapy

COMMENTS: Note vasomotor (vascular) effects produced by subluxation at 6th dorsal. Significant digestive system symptoms were cited, hence medicines. The violet ray was for the head and neck and trunk of body, presumably to balance the circulation.

139-3 FEMALE ADULT 11/6/25

ETIOLOGY AND PATHOPHYSIOLOGY: "... **the lack of coordination brings about the distress to the nervous system, especially the sympathetic**, see? All centers, then, become involved, and there is produced the **headaches, the nausea, the**

tiredness in extremities, the swelling in portions of the body – this all, the system attempting to create an equilibrium.

TREATMENT PLAN:

1. Rino ray therapy

COMMENTS: See previous readings.

140-7 FEMALE 23 11/10/25

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes such frequent and severe headaches? (A) This same incoordination in the nervous systems. At times produced from conditions in the pneumogastric plexus. Again produced by a nerve chill, see, from incoordination throughout the plexus system.**

TREATMENT PLAN:

1. Radium applicator
2. Tonic: Simple Syrup, Syrup of Sarsaparilla, Tincture Valerian, Elixia Calisaya, Iodide Potassium, Bromide Potassium, Tincture of Capsici, Oil of Peppermint

COMMENTS: The tonic was for "sick, " severe headaches.

Note pneumogastric involvement. See previous readings.

1713-10 FEMALE 27 11/14/25

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Do I still have as much of **the lesions as I used to have? (A) No. See, many of these, in the side, through the abdomen, through different portions of the body** have been removed. We have **reflexes of same in various centers over the system**. Hence the injunction that the **general deep osteopathic manipulations should be taken by the body at present, relieving entirely those headaches**, that capillary circulation that causes distress, that condition in the eye, that still fullness felt at times in the pelvic region when standing on feet - see?... (Q) **Why do I get headaches now? (A) Nerve reaction, centralization through the cervical region. Hence the osteopathic treatments that should be accorded the body.**"

TREATMENT PLAN:

1. Osteopathic treatment

COMMENTS: See previous readings.

3849-1 FEMALE 39 11/20/25

ETIOLOGY AND PATHOPHYSIOLOGY: "In the liver, this produces a poor assimilation of the excretory forces for the betterment of conditions in the body, and with this there is produced, through **the plexus in nerve system, wherein the seat of the trouble lay, that pressure that produces the strains to the head, or headaches.... IN THE NERVE SYSTEM, we find this the greater seat of the trouble. In times back there was produced in the 12th dorsal a lesion, by a wrench or twisting of the body. The system, in attempting to create the equilibrium, has gradually built up a lesion**, wherein its reflex action brings into the system another sympathetic lesion, in the **6th and 7th dorsal, which affects the secondary cardiac plexus**. Hence the disturbance to the system in digestive system, in nerve reaction, in the strain of too long standing on feet, or of any excitement; **either of these bring on this overflow of blood to the head, see?"**

TREATMENT PLAN:

1. Deep osteopathic manipulation relaxed first by hot packs
2. Radial appliance

COMMENTS: Note vasomotor headaches produced from reflexes at 6-7 dorsal center affecting secondary cardiac plexus. Also note use of radial appliance, recommended to balance circulation.

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136-19 FEMALE 21 11/22/25

ETIOLOGY AND PATHOPHYSIOLOGY: "The physical condition that causes the distresses to the body at the present time, **the headaches, the nausea, the pains in the intestinal tract, in the stomach and pelvis**, produced from that condition as is brought about by natural conditions under the existing forces with the body, yet at this time produces the condition in the system that needs some attention, see?"

TREATMENT PLAN:

1. Osteopathic treatment
2. Diet to produce laxative effect

COMMENTS: See previous readings.

294-55 MALE 48 1/1/26

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, we find this rather heavy and abnormal in its pressure, with the effect produced of the **poor eliminations, produced by the digestion, overtaxed nerve system, overtaxed secondary forces of the hypogastric and pneumogastric plexuses. Hence that pressure produced on pneumogastric that gives the cause of headache.**

TREATMENT PLAN:

1. Saline laxative – Phosphate of Soda, Syrup of Sarsaparilla, Oil of Turp
2. Regular daily exercise
3. Rest and relaxation

COMMENTS: Note pneumogastric reflex causing headache. See other readings for Edgar Cayce.

4207-1 FEMALE ADULT 1/14/26

ETIOLOGY AND PATHOPHYSIOLOGY: "Digestion - a nerve condition, produced by the tie-up in the 9th and 12th dorsal, affecting directly the hypogastric and pneumogastric plexuses. Hence headaches that reoccur at times."

TREATMENT PLAN:

1. Osteopathic manipulation
2. Tonic: Sarsaparilla Root, Prickly Ash Bark, Wild Cherry Bark, Calisaya Bark, Yellow Dock Root, Burdock Root, Elder Flower, Balsam of Tolu, Oil of Peppermint
3. Basic diet
4. Beef juice

COMMENTS: Note etiological pattern of spinal lesion producing digestive upset with reflexes from hypogastric and pneumogastric to head.

2740-1 FEMALE 38 1/15/26

ETIOLOGY AND PATHOPHYSIOLOGY: "The central center or ganglion that **has lesions is in that of the 2nd lumbar, and reflexly in the 3rd and 4th dorsal.** The first, in lumbar, produced in times back, when there was a change in the **vicissitudes of the life, and in this condition there was produced that which produced the first lesion**, then gradually, there is shown that the lesion produced the impingement, which affect the mesenteric system, hindering the blood's circulation, especially through the lacteal ducts. Then the conditions followed. Not so much existent at present, though the effects of same are existent. **Disturbances in the circulation**, and producing undue eruptions on portions of body, producing the action on the kidneys as to overcharge same, **producing in the cerebro-spinal centers of the cervical region those depressing headaches on top and back, and side of head**; those of the inclinations for inactivity of liver, see?"

TREATMENT PLAN:

1. Deep osteopathic manipulations
2. Radial appliance

3. Exercise

4. Foods that dilate the stomach (much gruel, whole wheat and green vegetables)

5. Attitude adjustment

COMMENTS: Note complex pattern of nerve reflexes from lesion produced by resentment.

185-1 FEMALE 59 2/11/26

ETIOLOGY AND PATHOPHYSIOLOGY: " The blood, in its elements and constituents, is overcharged, for the **eliminations are poor. Hence the surcharging of the blood, or the carrying in same of the toxins** that should be eliminated from the system; the over-pressure produced by this same condition, and by the effect as is produced by other conditions, that affect the **hypogastric and pneumogastric plexuses.... The liver then, being the greater seat of the trouble**, shows the more exaggerated conditions of the system, being engorged in the right lobe and a tendency (though not wholly so) of atrophy in the left. Hence, we have the action as is produced in the system, especially in the **capillary circulation, which brings about those achey, dull conditions to the body, tendency of dull headaches**, fullness to the extremities, especially to the hands, fingers, and to the feet and lower limbs; aching in the joints at times, fullness in the stomach, tendency towards constipation, overactivity of the kidneys at times, burning sensation as is produced at the passage of urine, which becomes highly excited, or high colored, by the conditions being eliminated through these channels.

TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Wild Cherry Bark, Calisaya Bark, Peruvian Bark, Sassafras Root Bark, Elder Flower, Mandrake Root, Buchu Leaves, Balsam of Tolu
2. Diet – principally vegetables
3. Violet ray

COMMENTS: Note effects of systemic toxicity producing dullness throughout system, including dull headaches. Also note involvement of hypogastric and pneumogastric nerves.

4721-1 FEMALE 48 2/23/26

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE FUNCTIONING OF THE ORGANS THEMSELVES, while brain forces are very good, slow in functioning at times, through **the inability of the blood supply, as it were, to CLEANSE the whole brain force. Hence the sluggish, dullness, as comes to the body; the dull, mean headaches.** This is produced, as well as that as is produced at present, through **congestion in nasal, throat, and bronchials....** Liver very torpid in its activity. Kidneys over active, through the amount of drosses attempting to be eliminated through the taxation as is created in the mesenteric system and in the lower portion of the trunk of body.

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Syrup of Sarsaparilla, Tincture Valerian, Tincture Yellow Dock Root, Essence of Poke Root, Syrup of Ipecac, Syrup of Squill, Tincture of Tolu
2. Setting-up exercises
3. Cold water spinal massage
4. Alkaline diet

COMMENTS: Nasal congestion was cited as immediate cause of headaches. Nasal congestion is often linked to liver dysfunction in the Cayce readings. Note systemic toxicity and dull headaches.

599-4 MALE 59 2/25/26

ETIOLOGY AND PATHOPHYSIOLOGY: "These specific conditions have to do with that as dross, as has been

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accumulating through those **conditions as known as catarrhal conditions in the body** ... Then, the condition as we find in ear, in eyes, the congestion in throat, lungs, from cold, that in stomach and intestine that gives troubles at times, **the headaches, as we see, from same catarrhal condition**, as goes down or up, depending upon the pressure as is created in the blood supply.

TREATMENT PLAN:

1. Spinal manipulation
2. Radial appliance
3. Attitude adjustment

COMMENTS: Note systemic effects of poor circulation resulting in catarrhal conditions throughout body.

325-11 FEMALE 54 3/18/26

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What produces the headaches, and what will relieve same? (A) Condition of the stomach. Phosphate of Soda and other properties, to remove the pressure produced here on the pneumogastric and hypogastric, will relieve the headache."

TREATMENT PLAN:

1. Osteopathic treatment
2. Phosphate of Soda
3. Radial appliance
4. Liquid diet

COMMENTS: Note explicit linkage of stomach condition, hypogastric and pneumogastric nerves, and headaches.

551-11 MALE 28 3/19/26

ETIOLOGY AND PATHOPHYSIOLOGY: "... yet the physical forces show some retractions, from which the entity suffers headaches, nausea, some pains in the body.

TREATMENT PLAN:

1. Attitude adjustment – take stock of self

COMMENTS: See previous readings.

3934-3 FEMALE 49 4/1/26

ETIOLOGY AND PATHOPHYSIOLOGY: "We may apply - for the headaches and for the eye strain that comes to the body - we may relax the body and apply the Applicator across the eyes for three to five minutes twice each day.

TREATMENT PLAN:

1. Radium appliance

COMMENTS: This lady was suffering from neurasthenia and "terrible sick headaches which last three days & nights every few weeks." See previous readings.

4843-1 FEMALE 34 5/5/26

ETIOLOGY AND PATHOPHYSIOLOGY: "These, especially, in the lower lumbar, the sacral and the lower dorsal. These in the lower dorsal and lumbar show the position of the trouble as produces the disturbance in the system - that in the pelvic organs. In the reflexes from these plexuses that show lesion, there is produced an undue flow, or LACK of flow, (for both conditions exist at different times) to the head. **Hence the depressing condition as is produced by headaches, in the top, base and side of head, varying according to the pressure in the ganglions, in either the pelvis, the cervical, the dorsal, the sacral, for ALL, as we see, under stress, become a sympathetic condition.** Hence the overtaxed NERVE condition of the body, sympathetically.... In the **digestive system, especially in the duodenum and throughout the jejunum, is shown the effect of inflammation in the system**, and of the effect this condition has on the blood BUILDING portion, in the lacteal ducts, and the effect as is produced in the lachrymal ducts - that is, those of that system as affect DIRECTLY the lymph of the system. Hence the

condition as appears under the eyes at times, **not only from the suffering from headaches**, but from the lymph ducts, as are shown from the lachrymal system and from the lacteal glands. See? Two different systems, yet the connection in same, as is shown by the condition in this body, [4843], we are speaking of.... **In the false pelvis do we find the seat of the trouble.**

There we find that the ovaries and the Fallopian tubes show the seat of congestion, as there once in times back was produced in this body, through cold and congestion at menstrual period, that of a congestion to these tubes."

TREATMENT PLAN:

1. Osteopathic treatment
2. Violet ray with vaginal applicator and also used along spine
3. More vegetables and wild game
4. Drink more water

COMMENTS: Note pelvic etiology. Also note that location of headache changes depending upon the immediate source of the reflex. A background report states that, "She has headaches most all the time; suffers a great lot with her eyes."

5738-1 MALE 36 5/25/26

ETIOLOGY AND PATHOPHYSIOLOGY: "Liver torpid in action, showing the effect of conditions produced about the bile ducts, and about the portion of the hepatic circulation as is affected, especially, by the conditions existing in the region of the appendix and the colon, and all of this right side shows the conditions that cause this distress, produced first by condition in the digestive system - taking those properties as produced eliminations without removing that causing same; **then strain by lifting, in the region of the 9th and 10th dorsal, brought then a form of lesion that prevents the normal eliminations** to be of that nature as to remove the trouble. **From this and from these conditions the disturbance in and about the kidneys and the bladder, and HEADACHES, are produced."**

TREATMENT PLAN:

1. Osteopathic adjustments
2. Diet to improve eliminations (fruits, vegetables, roughage, etc.)
3. Tonic: Ragweed, Sassafras Oil, Peppermint
4. Enemas

COMMENTS: Ragweed was recommended in the readings as a liver stimulant and laxative. Note systemic toxicity.

250-1 FEMALE 61 6/10/26

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, the cause of beginning of this goes back to where too much sedatives were used in the system for nervousness, the nervousness produced by a condition dating back farther, which we shall see in the nerve system, in special centers. This is how the condition began. The liver then became involved in bringing into the blood, then, those conditions which show that the **torpidity of the liver - the condition PRODUCED by same in the intestinal system - brings then distresses to the mesenteric system**, to the kidneys, to the extremities, especially in the lower portions of the system, and **general distress throughout the system.** IN THE NERVE SYSTEM, this we find very much disturbed, both in the cerebrospinal and the sympathetic system. In the cerebrospinal there are those specific plexuses and centers that show the **distresses that first produced headaches and indigestion (this in times back).** This condition as brought on these, as we see, was in the 4th, 1st and 2nd lumbar, 12th, 9th and 10th dorsal. This condition still shows there are some lesions there. These all need correcting. The sympathetic system becomes involved through the **cardiac and the hypogastric plexus.**

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TREATMENT PLAN:

1. Wet heat before spinal adjustments
2. Tonic: Sarsaparilla Bark, Wild Cherry Bark, Yellow Dock Root, Burdock Root, Black Root, Mandrake Root, Buchu Leaves, Elder Flower, Balsam of Tolu, Oil of Sassafras
3. High enemas

COMMENTS: Note complex etiology with multiple causes with headaches produced by nerve reflexes. When wet heat is recommended before adjustments, they are usually long-standing and difficult.

207-2 FEMALE 35 6/24/26

ETIOLOGY AND PATHOPHYSIOLOGY: "This is in a form and manner of the **ulceration, with the drosses or dregs from same shown in the intestinal tract, lacerations or ulcerations being more pronounced in the pyloric end of the stomach.**

The general condition as is produced throughout the system from this is as one being interfered in the assimilation, or in the abilities of the blood supply to eliminate sufficient through its normal channels, though over or extra amount of inflammation and of destructive forces in system brings distresses in various ways - as the **headache**, pains across the back, the bearing down pains at periods in the body, and the general strain or tendency of feet to swell or be sore."

TREATMENT PLAN:

1. Tonic: Ragweed, Wild Cherry Bark, Balsam of Tolu, Oil of Sassafras
2. High enemas (Tyrrell's Cascade)
3. Radium appliance
4. Drink plenty of water, no meats

COMMENTS: Note stomach ulcers in pyloric end of stomach producing systemic effects.

2901-2 MALE 33 7/12/26

ETIOLOGY AND PATHOPHYSIOLOGY: "Not ill to any great extent. **Just a disturbance with the digestion, and congestion, produced by cold, and the disturbance throughout the system. Phlegm in throat. Some little headache. Pains through eyes and head.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. Dental treatment

COMMENTS: Minor headaches due to cold and congestion.

943-1 MALE 35 8/17/26

ETIOLOGY AND PATHOPHYSIOLOGY: "In the beginning, then, or cause, or seat of the trouble, we find that there was that in the system that produced a depletion to the physical resistance. During this period there was **an injury, or a subluxation, to the 9th and 10th dorsal vertebrae. In the recuperation, in ease, the body formed a lesion to meet the needs of the condition. With and through this lesion, distresses come to the mesenteric system ...Liver under the strain of the existent conditions, though at present near normal, but the dullness, the headaches**, from this condition exists at times in the system - through the pressure as produced in mesenteric system - that is, from the mesenteric centers as function to the various organs of the digestive system, in their depressions, give to the **hypogastric and pneumogastric plexus that pressure as is called by some a sick headache**, from the stomach, when the depression is producing it, though the stomach is in that position as to cause a pressure. No ulcerations, nor of any lacerations, though **FULLNESS** is seen in the lower end, or in the pyloric end of the stomach. Through the lower portion of digestion we see the

greater inflammation produced by this subluxation. This, as we see, applies principally to the hepatic circulation.

TREATMENT PLAN:

1. Osteopathic adjustments
2. Tonic: Garden Sage, Ambergris, Gordon Gin, Cinnamon Bark, Balsam of Tolu, Sugar, Alcohol
3. High enemas
4. Diet - light meals

COMMENTS: Note designation as "sick headache" explicitly linked to hypogastric and pneumogastric reflexes. The specific action of the tonic ingredients are as follows: "The sage tea acting as a stimulant, and as a reducing of the condition existent in the pyloric end of the stomach, aided by the stimulation of the gin as the incentive for the liver and kidneys, each to function in their normal way and manner, that the excess of the functioning as has been produced in these organs may be brought to a **NORMAL** condition. Sugar only as the palatable condition, and as an added activity with both gin and with the ambergris, the ambergris replenishing all of the mucus lining of the stomach and intestinal system that has been overtaxed by cathartics, and by those properties as are caused in the mucus coating and in the tissue of these portions of mesenteric system, by the strain and temperature produced, see? the rest of the properties being as the carrier, and as the assistant incentive for the functioning of the properties taken in system, as may pass through the various portions of the alimentary canal; so, as we add the stimulation of the alcohol, that of the cinnamon, that of the rest of the system acting as an incentive for the proper functioning throughout the colon ..."

4342-1 FEMALE ADULT 8/21/26

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, in this we find the seat of the trouble. In times past, in the beginning, as it were, of this earth's existence, we find the seat of the trouble - not a prenatal or co-genital condition, yet one produced at the birth of the individual ... In this body, the **pressure as produced at birth was in the presenting of the body itself, in that known as breech birth, and the pressure was produced in the last lumbar, and the 2nd portion** or structure portion of the sacral, and the sacral then producing a pressure to those of the generatory system brought about that enlargement in those centers about these organs in pelvis, that direct connect with the base of the brain in this gland situated there. The thread of same, which traverses the system from brain to the end of the cerebro-spinal cord proper.... **In later years, there came an accident to the end of the spine** (four years ago - sixteenth of September, four years ago) which was to the end of the coccyx, that which excited, as it were, these centers in the sacral and lower lumbar. Those reactions, then, are produced through this **reaction to the base of the brain - a fullness, or an enlargement, that produces first headaches, then nervous indigestion**, then a racking, as it were, to the whole sympathetic system, and an unbalanced mental reaction, and an unbalanced system throughout, see?"

TREATMENT PLAN:

1. Change environment
2. Stop bromides
3. Wet heat applied before osteopathic adjustments to coccyx
4. Mayapple bitters
5. Alpine ray

COMMENTS: Note multiple spinal injuries. The pineal system referred to in this reading was described in many readings and relates to how the soul manifest in the physical body. This woman was in a state mental hospital at the time of the reading suffering from schizophrenia.

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4763-1 FEMALE 50 8/26/26

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, this condition as we see as existent **in stomach proper, in the pyloric end, we find, produces a taxation to the nerve system, both reflexly and directly - the direct condition being a subluxation as exists in the 4th and 5th centers - that reflexly, as the effect produced on the hypogastric circulation. Hence liver becomes involved, as does the lower digestive system. This produces the headaches, the nausea at times, the easy filling, as it were, of the stomach, the inability to digest certain things, or the inability at other times to digest scarcely anything, even water at the time seeming to hurt or produce pains in the lower portion of the stomach - not ulcerated at present, not even lacerated, yet those hard formations in the mucus coating, and in some instances - though not at present are these seen - these seem to take hold, as it were, of the wall of the stomach.**

TREATMENT PLAN:

1. Osteopathic adjustments
2. Medicine: Podophyllum, Leptandrin, Sanguinaria, Senna, Cascara Sagrada
3. Petrolagar
4. Violet ray

COMMENTS: Note how spinal subluxation affects stomach and digestive system producing headaches.

4525-1 MALE 14 9/18/26

ETIOLOGY AND PATHOPHYSIOLOGY: "In some time back there was that condition brought about wherein, in the 2nd and 3rd lumbar, and in the 12th and 11th dorsal, there is a subluxation between these two - one to the side, and one subluxated, or one down. These cause pressure on the nerve system. Hence that peculiar condition as has existed as regarding the digestion, as regarding the eliminations in the system - **the dull, laggard feeling felt at times, the inability to find anything exactly agreeing with the body,** acting in the way wherein never quite satisfied, yet ever desiring to do the best. These are reflections from the refractory reaction of these subligations, as they act on the nerve system, on the digestive system, on the circulation, and the general forces in the body - never causing, as it were, any DIRECT distress, save as **the dull mean headaches, and trouble with the eyes as come from time to time - yet these, as we see, are of a reflex nature.**

TREATMENT PLAN:

1. Spinal adjustments
2. Body-building diet

COMMENTS: Note pattern of spinal lesion affecting digestive system with reflexes to the head.

2266-1 MALE ADULT 10/1/26

ETIOLOGY AND PATHOPHYSIOLOGY: "The distressing conditions that are brought to the body through the sensory nerve system are produced by pressure as is seen in the 4th, 5th, and 6th dorsal, and in the 12th dorsal and 2nd and 3rd lumbar. The effect is then produced through the various nerve plexus as are brought into work in the various cycles of the functioning of the liver, spleen, digestive system, and the kidneys, and the pressure produced through such reaction **in the hypogastric plexus disturbs both that of the system in the cardiac plexus and the reaction to the brain. Hence the distress to the eyes at times, and the headaches. These are reflex conditions.**

TREATMENT PLAN:

1. Osteopathic treatment
2. Alpine ray

COMMENTS: Note that reflexes to brain come from cardiac and hypogastric plexuses.

4770-1 FEMALE 33 10/2/26

ETIOLOGY AND PATHOPHYSIOLOGY: "These arise from nerve disturbances as produce distortion or overtaxation in the functioning of organs, and produce various effects and conditions in the system - disturbances in the circulation and in the distribution of used forces in the system. Hence we have toxemia, an anemic condition; also the depletion in red blood supply, and the centers in various portions in nerve system disturbed to the extent as to cause various conditions in the digestive system, this producing **the reflex conditions as are seen in liver, intestines, and in the various portions of the digestive system. Reflexly, these produce again the headaches, the conditions as exist with the sensory system. Also we find that the secondary, or the sympathetic nerve system involved in the various conditions."**

TREATMENT PLAN:

1. Tonic: Sarsaparilla Root, Wild Cherry Bark, Yellow Dock Root, Burdock Root, Elder Flower, Black Root, Mandrake Root, Buchu Leaves, Balsam of Tolu
2. Diet: fruits and vegetables, little meats
3. Plenty of water
4. Petrolagar

COMMENTS: Note tonic to address systemic toxicity and general debilitation.

4568-1 FEMALE 36 10/9/26

ETIOLOGY AND PATHOPHYSIOLOGY: "The subluxations we find are in the 8th and 9th dorsal, and in the 4th lumbar.... In the functional troubles, we find there are **conditions existing in the pelvic organs** that give distress. These need attention in a local manner to bring about the normal condition of the system. These conditions produce that of the distress to the nerve system, **especially in headaches to the central portion of the brain.** In the repression as this condition brings about, we see there are many various conditions that are reflexly produced, as is seen in the sensory system and in the sympathetic system, for with the subluxation, and with the functional condition as is caused, then the condition produced **in nerve reflexes brings about a taxation to those plexuses as govern the system through reflex from solar plexus and from the hypogastric and pneumogastric plexus,** disturbing digestion, as well as bringing ringing to the ears at times, distresses to the sensory system."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Antiseptic packs for pelvic organs

COMMENTS: Note pelvic etiology with reflexes to hypogastric and pneumogastric.

143-3 FEMALE 3 10/10/26

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, we find there are those disturbances in the system as are produced by the eliminations **becoming choked with toxins of that nature as produce congestion** [cold - flu?] between the capillary and lymphatic circulation.... Hence the repressions as are produced on the nerve plexus, especially that of the **ileum plexus - that's about the kidneys and about this portion of the body where the eliminations are produced through these portions of the body - and of the hypogastric plexus. Hence the nausea, the headache, the tired, fretful condition, the flushed condition, with some temperature ... (Q) What caused this trouble? (A) Contraction in diet, see? and the meeting of the germ of this that causes congestion in this circulation. Breathed in. [Cold germ, influenza as per P.M. Rdg. 143-4.]**

TREATMENT PLAN:

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1. Broken doses of Castoria
2. Massage spine with Cocoa Butter and Bromo-Quinine
3. Yellow Saffron Tea
4. No heavy foods
5. Keep body quiet

COMMENTS: Note infectious etiology for this child with reflexes from hypogastric plexus.

244-2 MALE 70 10/18/26

ETIOLOGY AND PATHOPHYSIOLOGY: "In the conditions to be met at the present time, we still find there are those effects of **adhesions and lesions through the digestive system, or intestinal tract**, and by those conditions portions of the system that should be the rebuilding force become detrimental conditions requiring to receive rebuilding force. Hence we have times when the system and whole body feels as if it were a drag to even react - **headaches**, constipation, lack of appetite, desire to be alone, melancholia, sleeplessness - all of these are the effects of lack of the resistive force, and poisons or accumulations in system by poor elimination."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Petrolagar and Pepsin
3. Whole grains
4. Enemas

COMMENTS: Note systemic toxicity and general debilitation. See previous reading.

583-5 FEMALE 34 10/20/26

ETIOLOGY AND PATHOPHYSIOLOGY: "... conditions as show the strain as has been produced in the system, **by lifting and by moving about too soon after the conditions existed in the pelvis, have brought about a taxation in the form of adhesion in the upper portion of that capsule occupied by the right ovary**. To overcome these conditions, to meet the needs of those as produced - and, as we find, we have **reflex headaches from these, at the base of the brain and top of the head** - see, these come through the plexus of the 2nd lumbar, 12th dorsal, see?"

TREATMENT PLAN:

1. Neuropathic treatment
2. Hot castor oil packs on right side of abdomen

COMMENTS: Note pelvic etiology and reflexes to brain.

294-86 MALE 49 11/22/26

ETIOLOGY AND PATHOPHYSIOLOGY: " **An over acidity of the system is that as produces the distress - pains in head and through the upper intestinal system** - this throwing the gases and poisons back in the system of the duodenum rather than distributing same through the system, as has caused those conditions in extremities in times back, see? The acidity was produced by taking **too much sugar in the system in candies, and in those properties as were taken before the stomach was filled with foods**; and then overloading the system at such times brings this condition.... (Q) **Have the headaches had in the last few days been caused from this acidity in the system? (A) As given, the acidity in the system, and the stress as same puts on the nervous system, through the hypogastric and pneumogastric plexus, see? creating the pressure as is seen at the base of the brain.**"

TREATMENT PLAN:

1. Eat less
2. Petrolagar
3. Lactated Pepsin
4. Osteopathic adjustments

COMMENTS: Note effects of sweets in producing systemic hyperacidity with reflexes through hypogastric and pneumogastric plexus.

4680-1 FEMALE ADULT 11/29/26

ETIOLOGY AND PATHOPHYSIOLOGY: "... the nervous condition in digestion, the **nervous headaches**, and the sensory system in its entirety involved. Hence we see that which may be termed by some a condition in a body of reaching hysteria at periods, or UNREASONABLENESS in the expressions of the individual at times. **These depressions in the nerve system, and the subluxations in the nerve system, of course are of different states - subluxations being in the 6th, 7th and 8th dorsal, and also in the lower lumbar. Hence the disturbance as is seen in the right portion of body, and of the circulatory system, as is affected by this condition through the hypogastric and pneumogastric plexus.**"

TREATMENT PLAN:

1. Osteopathic treatment
2. Tonic: Garden Sage, Gordon Gin, Ambergris, Senna, Oil of Sassafras, Cinnamon

COMMENTS: Note pattern of reflexes from spine through hypogastric and pneumogastric producing nervous headaches.

4403-1 FEMALE ADULT 12/6/26

ETIOLOGY AND PATHOPHYSIOLOGY: "There are and have been adhesions in **the false pelvis, and this trouble produces such an irritation as lesions have formed in the centers in the lower dorsal region**. Reflexly, this produces trouble with the bladder, rather than kidneys, though the kidneys come under the strain in a different way and manner. Also the condition as exists in the upper portion of the dorsal is hindered by this condition in a reflex manner. Again we find lesions of a different nature in the 6th and 7th dorsal centers. Again we find reflex lesions in the cervicals. The effect, then, of these conditions in the body: The lesion produced by an adhesion is of the greater trouble, and produces the trouble that is experienced in the bladder, and in the lower portion of the intestinal tract, for inflammation produced there prevents the normal functioning of this portion of the body. **The position and the condition of the stomach proper, and the disturbance in the centers that govern a portion of the stomach causes nausea, and assists in both troubles as produce the headaches**, and the inability of the body to keep the normal equilibrium at such periods."

TREATMENT PLAN:

1. Osteopathic corrections
2. Tonic: Wild Cherry Bark, Sarsaparilla Bark, Yellow Dock Root, Burdock Root, Dogfennel, Poke Root, Mandrake Root, Buchu Leaves, Elder Flower, Balsam of Tolu
3. Radium appliance
4. Diet - little meats, plenty of green, raw vegetables
5. Plenty of water

COMMENTS: Note pelvic etiology with nerve reflexes causing abnormal stomach position and problems through the rest of the digestive system.

4677-2 FEMALE 9 12/8/26

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes the headaches? (A) Flow of blood to the head. Improper coordination in the circulation.** Again we see, with this proper adjustment in the dorsal region, we will overcome that condition. **Naturally, constipation causes headaches, from the contraction through the pneumogastric and hypogastric plexuses.** Relieving this condition would relieve the headaches,

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as will also relieve the strain and pressure as is produced on those portions of the system as has been outlined for same."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Be careful of diet

COMMENTS: Note vasomotor effect in this reading as well as effects of constipation through pneumogastric and hypogastric plexuses. This child was also experiencing convulsions. See previous reading.

3841-1 MALE 53 12/11/26

ETIOLOGY AND PATHOPHYSIOLOGY: "... but those pressures as are produced by the hindrances in the system cause the pressure on the hypogastric and pneumogastric plexus, in the right portion of the intestinal system, near that of the glands as produce the separation of rebuilding materials made into blood, and that as becomes drosses in the system. Then we have a cold hepatic circulation. We also have **nerve indigestion** produced by these conditions. We also have a torpid liver at times, tendency towards constipation, and at other times apparently too much activity of the intestinal tract. **Headaches are produced from these conditions.** The plexus also in the 8th and 9th dorsal shows as the seat or cause of the trouble, for three and a half (3 1/2) - four (4) years ago, we find the entity received a **wrench in the back, through lifting** - had something to do with a wagon. **Here we have formed a lesion.** This lesion has brought about an **adhesion in and about the appendix**, and this **producing a pressure on the ascending colon brings about the distresses and pains, reflexly**, through the various portions of the system. See? **Hence this sick, dull headache - pains at the back of the head and on top of the head.** All of these coming from the reflex conditions as are produced in the system, and pressures as are produced in the various portions of the system."

TREATMENT PLAN:

1. Surgery is one option to remove adhesion
2. Osteopathic manipulation is another option (preferable)
3. Tonic: Ragweed, Balsam of Tolu, Grain Alcohol, Sugar
4. Basic diet

COMMENTS: Note reflexes produced by lesion resulting in sick, dull headache. The reading offered two options: (1) surgery or (2) manipulation to remove adhesion in and about the appendix.

325-14 FEMALE 54 12/12/26

ETIOLOGY AND PATHOPHYSIOLOGY: "This produced by the incoordinating of assimilation and elimination through the system, and with the weakened physical condition, under nerve strain, gives that debilitated effect to many portions of the system, and brings on many straining conditions. Were [If] just the **excitement or over taxation [were] shown, these could be thrown off, yet the mental forces and the nerve strain so tax the system as to bring these headaches**, the inability to get the proper control of the digesting and functioning portion of the digestive system.

TREATMENT PLAN:

1. Osteopathic manipulation (relaxing)
2. Tonic: Peptotone, Tincture of Valerian, Iodide of Potassium, Bromide of Potassium, Tincture Capsici, Syrup of Sarsaparilla
3. Rest
4. Light therapy
5. Petrolagar
6. Exercise each day in open air

COMMENTS: See other readings in this series for more information on this woman's condition.

4863-1 FEMALE 47 12/15/26

ETIOLOGY AND PATHOPHYSIOLOGY: "There has remained in the system for some time those conditions from that of the functioning of the organs in the **pelvic region**, this causing the distress by the eliminations not being carried out properly, and these drosses finding lodgement in the functioning of portions of the system have set up a form of irritation that causes or produces a form of that condition which may be catarrhal at certain stages. The **constant inflammation** that is produced by these drosses being left, and the irritation through the congestion as produces more strain on portion of the body, give the distresses to the body, as is seen in nausea, in **headaches**, in troubles with the circulation - with the feet at times, and with the dull heaviness as is shown in portions of the body."

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Syrup of Sarsaparilla Compound, Tincture of Stillingia, Elixir Calisaya, Fluid Extract Yellow Dock Root, Extract Poke, Tolu, Iodide of Potassium, Bromide of Potassium, Oil of Peppermint
2. Diet - to improve eliminations
3. High enemas with Glyco-Thymoline
4. Radium appliance

COMMENTS: Note pelvic etiology without any spinal lesions noted. Therefore, no manipulations were recommended.

487-10 MALE 8 12/22/26

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What will relieve the sore throat and headache at the present? (A) Remove that which causes the condition - the liver, see? for the UPPER intestinal tract must act, and especially the liver, to reduce the pressure as is caused on the hypogastric plexus at the lower end of the stomach**, in the region of the liver and duodenum, see? When this is removed, we will remove these conditions - **the pressure as is caused through this nerve to the head - which is direct, see? which gives the pain in temple** - for these are as spots, for each set of these come directly to the first and second (1st and 2nd) ventricle - that are called the first nerves to the facial muscles, through that plexus which may be relaxed by gentle massage over the nerves in the upper dorsal and the whole cervical region, see?"

TREATMENT PLAN:

1. Osteopathic manipulation (relaxing)
2. Calomel with saleratus
3. Eucalyptus inhalant

COMMENTS: Note direct connection of hypogastric nerve in stomach to head.

900-289 MALE 31 12/27/26

ETIOLOGY AND PATHOPHYSIOLOGY: "**The headaches, then - the bad taste, then - the tendency of the intestinal tract to give off poisons in system, the tendency for an irritation of the trouble as has been experienced in the head** - is of that nature wherein the abusing of the physical forces in the body has brought this reaction."

TREATMENT PLAN:

1. Mild saline laxative (Epsom Salts or Pluto water)
2. Exercise or manipulation
3. Rest

COMMENTS: Neglect appears to be the primary culprit here. Note effect of toxic colon producing headache and bad taste.

4462-1 FEMALE 44 1/19/27

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, in this we find many of the seats of disorders in the system. In specific cerebrospinal centers, we find those of **the**

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cervicals (4th, 5th and 6th), in the dorsals (8th, 9th, 10th and 11th), and in the lower lumbar and upper sacral, the greater distress. These, as we see, we find subligations in portions - with distresses caused in the lymphatics and in the hepatic circulation, we produce an over supply or over pressure of the forces to the brain. **Hence we have nerve headaches, or a form of sick headache - though not always produced from a condition in the stomach, yet nervous indigestion also arises at times. So, when the body becomes overtaxed physically, overtaxed socially, overtaxed mentally, these are as reactions - headaches,** from the existing condition in the nerve system."

TREATMENT PLAN:

1. Osteopathic treatment
2. Toris compound (laxative)
3. Diet – mostly vegetable
4. Exercise

COMMENTS: Note stress as trigger for headaches produced by reflexes in nervous system.

3914-1 FEMALE ADULT 1/22/27

ETIOLOGY AND PATHOPHYSIOLOGY: "In the pelvic region, in this is the seat of the greater distress, especially in the left side where there were **horn portions of the uterus**, and in the return to the position in the false pelvis these adhered, or adhesions occurred, through improper coagulation. These, producing pressure on the organs of the pelvis, produce the lesion in the lumbar and lower dorsal. Through this disturbance we find many disorders are brought about in the physical functioning of the body, especially when the body is on feet, **and near the period of normal menstruation** this plethora condition produced brings distresses through the side, in loins, and in the mesenteric system. Through such irritation, **the nervous system becoming overtaxed, produces headaches,** inability to locomote, as it were, or to bring about the normal functioning of any portion of the system requiring the strength or vitality of the system.

TREATMENT PLAN:

1. Neuropathic manipulations and massage with Tincture of Myrrh and Olive Oil
2. Douches with Creolin
3. Hot salt packs for pelvic pain
4. Enemas
5. Mild saline laxatives

COMMENTS: Note pelvic etiology with possible menstrual headaches. A background report states, "By taking adjustments I am able to walk all right, but do suffer dreadfully with head aches, and with the back of my neck. I can't strain myself but very little or my neck will pain me, then I'll have one of those dreadful headaches."

152-2 FEMALE 52 1/29/27

ETIOLOGY AND PATHOPHYSIOLOGY: " In that of the upper DORSAL lesions, these subligations are from injury or strain as was produced. This shows nearer that of the circular nature, and is as of cartilaginous forces.... As is seen in that of the **cervical and dorsal**, both act toward that condition of the depression, or the pressure causing depression to the brain center - which produces much of the **headache and the restlessness of the body.**"

TREATMENT PLAN:

1. Ultra violet ray therapy
2. Wet heat applied before spinal adjustments

COMMENTS: This reading contained an interesting question and answer exchange and the cause and treatment of this woman's headache: "(Q) In the doctor's mind in treating cervical region headache is produced lasting a variable time. Give cause of this? (A) That as given. Poisons assimilated in the system. As these radiate from these centers, it produces an un-uniform blood flow to brain. Hence the condition in the headaches, see? We will find also that, as these conditions in the cervical and upper dorsal, in the region of the hypogastric and pneumogastric ganglions also need stimulation - in the 9th, 10th and 11th dorsal, see? that the reaction through nerve supply and blood stream, as is alleviated through these plexus, may be more perfectly coordinating throughout the system." Note vasomotor effects from nerve centers along spine.

341-23 MALE 20 3/17/27

ETIOLOGY AND PATHOPHYSIOLOGY: "In those specific centers where the troubles arise, through the dullness, the laggardness, the tendency for headaches, the slow reaction in response to effort of study, the slow reaction as is seen in the activities of the body, comes from the **torpid liver** condition, and from that comes the congestion through the mesenteric system, and especially through the **absorption and re-absorption of toxins from constipation**, as produced by the non-activity of these conditions.

TREATMENT PLAN:

1. Compound: Podophyllum, Leptandrin, Sanguinaria, Senna, Cascara Sagrada all put in capsule
2. Drink plenty of water
3. Eat very little meat
4. Specific exercise for liver

COMMENTS: Note systemic dullness produced by toxicity. Here is the exercise to assist liver: "To keep the liver active, and to keep the system in the general bettered condition, more activity of the torso and central portion of body necessary, see? That circular swinging motion. Also same would be well for the head and neck. Take regular exercises of forward, backward, circular motion, side to side, see? of at least four or five times each evening. Preferably, all these exercises should be taken just before retiring."

4864-1 MALE ADULT 3/28/27

ETIOLOGY AND PATHOPHYSIOLOGY: "This inability to keep perfectly in coordination seems to be that which causes distress in the system - that is, there occur occasional conditions that **in reflex produce nervous debilitation, also nervous digestion, and these may prelude or may follow those of the nervous or sick headaches at times....** These, as we will find, are in the 6th to the 9th dorsal, and in the lower lumbar. One produced **in times back by a wrench as was received in a strain, by the body being twisted, or thrown, or in lifting.** These all seem to have been combined together for this condition. That in the upper portion of the spine, or in the upper dorsal, as we see, produced from a CONTINUAL reaction through the mesenteric system of properties taken IN the system to produce the **mucus producing SERUM**, as it were, within the body, or by taking too much of purgatives for the body.

TREATMENT PLAN:

1. Osteopathic treatment including draining gall bladder
2. Tonic: Sarsaparilla Root, Wild Cherry Bark, Dogwood Bark, Prickly Ash Bark, Sassafras Root Bark, Yellow Dock Root, Calisaya Bark, Buchu Leaves, Balsam of Tolu
3. Diet – more green vegetables, little meat

COMMENTS: Note that the two lesions were formed differently – one by injury, the other as an after-effect of taking purgatives.

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779-16 MALE 39 3/30/27

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Please tell if the headaches are caused from the condition of the stomach or eyes. If eyes, what correction of glasses should be made?"

(A) Caused from neither. Caused from the POISONS as are being distributed through the system, and pressure as is created in the mesenteric system, and through the reflexes find pressure to the head and cause the burning in the eyes. Correction of the condition in intestines, correction of the eliminations through the use of those properties that are both absorptive and that will produce eliminations in a more normal manner, will relieve these conditions.

TREATMENT PLAN:

1. Specific exercises for torso to relieve constipation
2. Fleischman's Yeast as laxative and to absorb poisons
3. Diet – to improve eliminations

COMMENTS: Note effects of systemic toxicity (autointoxication) from intestines.

4390-1 FEMALE 30 4/13/27

ETIOLOGY AND PATHOPHYSIOLOGY: "In times back there was received in the body that which caused first an **adhesion in the left side, near the descending colon**, and this prevented, then, the full normal functioning of the ejections from the system. Then, the adhesion caused, the organs of the pelvis gave some trouble in their normal functioning, **causing some distress to the functioning of the mesenteric system**, and producing inflammation, which reflexly affected the hepatic circulation. Then, with congestion, the menses became irregular.... With this adhesion we find, then, the system tended to be laggard in its elimination through these channels. Then we find, with the circulation disturbed, and with the nerve system under high tension, we had an excess of capillary circulation - hot and cold flushes over the body at times, **headaches tend to disturb the equilibrium of the body, pressure seemed to be at the back of the head and on top of the head**, depressions and nausea at times. These only reflexes of a general disturbance in the system, and sympathetically the whole organism out of balance ..."

TREATMENT PLAN:

1. Deep osteopathic manipulations after wet heat for relaxation
2. Radium appliance

COMMENTS: The reading stated that an operation would not be necessary if the treatments were correctly applied.

3750-1 FEMALE 52 4/14/27

ETIOLOGY AND PATHOPHYSIOLOGY: " Just at the present time we find there **are some pains to the left side of the head that are causing some trouble. These are of a secondary nature, but are produced from some conditions that have been given for the body in the diet**, that produces a **digestion that is unbalanced....** disturbance produced by indigestion in the intestinal tract, or **intestinal indigestion, headaches resulting from same**. In those structural portions of the body wherein the body suffers under strain, we find this was produced in times back by those conditions that were added to by other conditions that brought on the disturbance. In the coccyx we find that the bending of one of these vertebra, or muscular or cellular forces there, produced such pressure as to cause most of the trouble as is being experienced by the body. This, as we see, was from an **accident in which the body fell, or sat down most too hard**. Then, with the condition that formed when inflammation was produced in the eliminating centers, there were disturbances brought to this portion, which added to, forming a lesion, which is of a lateral nature, which affects, then, sympathetically and

directly, the tissue and the muscle, and the action of these portions of the body throughout the lower lumbar and sacral region.

TREATMENT PLAN:

1. Hot apple vinegar and salt pack for sacral and coccyx area
2. Osteopathic adjustments
3. Chloride of gold taken orally
4. Ultra violet therapy

COMMENTS: Note lesion in lower spine producing reflexes to upset digestive system.

4867-1 MALE ADULT 4/19/27

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE FORCES, in the cerebro-spinal we find there are specific conditions in the various ganglions of the cerebro-spinal system that are as indications of the conditions that show disturbed nerve energy in the various functioning organism, as is seen in **the 2nd lumbar, in the 6th, 7th – yea 5th - dorsal, and at the base of the brain....** The effect as is produced is the disturbance first to the condition of elimination, as is exercised through the lower hepatic circulation, or in the kidneys. **This slowing up, causes then a high vibration of circulation about the hypogastric and pneumogastric centers**. The condition produced then an overtaxed action in the liver. This in this engorged condition throws back in the blood those elements that should be eliminated through their proper channels. This in turn brings the **slowed circulation in the region of the dorsal ganglia, and produced the condition that slows up the circulation in the head. Hence those dull headaches** as ensue."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Radium appliance
3. Principally a vegetable diet

COMMENTS: The osteopathic recommendations allow for two different types of treatments: "It would be found necessary to give DEEP manipulation in the cerebro-spinal centers at least every third treatment, with the gentle massage and manipulation every other day, but every third treatment should be rather deep, see? that the major portions of the eliminating centers may be aroused to their more normal action."

136-61 FEMALE 22 4/24/27

ETIOLOGY AND PATHOPHYSIOLOGY: "In the body of [136] it's necessary **that eliminations be set up, that all poisons be eliminated, that we may relieve these headaches**, these bearing down pains, this heaviness across the abdomen, and aching across the small of the back, see? because these are reflexes.

TREATMENT PLAN:

1. Osteopathic manipulations

COMMENTS: The osteopathic manipulations were to set up drainages and improve eliminations.

583-7 FEMALE 35 4/30/27

ETIOLOGY AND PATHOPHYSIOLOGY: "... with the **high nerve tension**, every form of obstruction or of destructive forces within the body become magnified to the body's physical condition, and **the body can easily sit down and worry self into nervous headaches from conditions that are purely imaginary**, until the body has thought well on same and the condition then exists. This, then, is a **form of neurosis, or neurasthenic or neurotic condition** - all means practically the same thing, except in this case there is the specific condition or irritation within the system that is producing same - which is the lack of coordination in the eliminating system, see?"

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TREATMENT PLAN:

1. Exercise
2. Diet to improve eliminations, no meats, plenty of vegetables
3. Radium appliance
4. Violet ray
5. Osteopathic treatments
6. Use mind to bring healing

COMMENTS: This case involves psychosomatic/neurotic features exaggerated by systemic toxicity. Here are the instructions for the exercises: "Hence the movements as are given for the body in the circular motion of that portion of body BELOW the diaphragm in EVENINGS, and that specific for ABOVE the diaphragm. Let the body take at least ten to twenty minutes, each evening AND morning - just before retiring and as the body rises – for such exercise!"

900-320 MALE 32 5/5/27

ETIOLOGY AND PATHOPHYSIOLOGY: "... for there is seen that the **drosses of the body** are little by little overcoming the abilities of elimination. Hence these continual laggy, achey, dull feelings, as if the body was insufficient to contain the whole being – the **dullness of headaches**, and this condition in the feet as irritated by these give rise to those of the necessarily increased eliminations."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Tonic: Tincture Valerian, Elixir Calisaya, Iodide Potassium, Bromide Potassium, Elixir or Cordial

COMMENTS: Note dullness associated with systemic toxicity. Also note that manipulations to improve eliminations are to be taken before tonic has been begun: "Just where should the adjustments be made? (A) General - for the whole of the eliminating system needs to be stirred up. Hence the necessity of taking same before there is added any of the vibratory forces of internal medicinal properties to set about better conditions for the body."

3721-1 FEMALE ADULT 5/5/27

ETIOLOGY AND PATHOPHYSIOLOGY: "The condition then as exists, or has existed in the **pelvic regions**, is to be considered the more, for here we find many of the indications of troubles as have been existent – and have been repaired, as it were, in part, yet never set wholly with the normal cooperation with the rest of the system. This then produces at times **headaches, from improper absorption to the kidneys proper**. Not an organic trouble wholly, yet organic in that the organs themselves do not function in unison. Rather is this the disturbance in pelvic organs and in the false pelvis proper, by **adhesions as were produced there in times back by cold, and by the improper suppression and the improper action at times to the organs of the pelvis in menstrual periods**. These produced a form of lesion and disturbance to the higher vibrations in the glands of reproduction. In this disturbance, then, the **lesions taking place caused the circular lesion in the 2nd lumbar**, and the suppression of the functioning of organs in the pelvis.

TREATMENT PLAN:

1. Tonic: Horehound, Cane Sugar, Balsam of Tolu, Elixir Calisaya
2. Electric vibrator along spine
3. Colonic irrigation
4. Diet – little meat, mostly green vegetables

COMMENTS: Note pelvic etiology with effects to kidneys producing headaches.

4856-1 FEMALE 34 5/10/27

ETIOLOGY AND PATHOPHYSIOLOGY: "In the centers of the cerebrospinal we find rather those seats or causes of the conditions of the body. Hence we have the condition produced in the body. Rather a reflex from nerve inactivity, yet the sympathetic nerve system good. Only **subluxations and reflexes from same in nerve plexuses produce the condition**. These are seen in the **lumbar (specific) and in the upper dorsal....** These, we find, as given, rather a reflex condition, and not all times persistent even sufficient to produce other than a **dull, laggard, inactive condition through the system. Hence slow, dull headaches at times ...**"

TREATMENT PLAN:

1. Deep osteopathic manipulations
2. Tonic: Wild Cherry Bark, Syrup of Sarsaparilla, Iodide of Potassium, Bromide of Potassium, Syrup of Horehound, Elder Flower, Calisaya, Oil of Sassafras, Balsam of Tolu
3. Basic diet

COMMENTS: The osteopathic treatments are to be of two types - alternate specific adjustments and general treatments

325-16 FEMALE 55

ETIOLOGY AND PATHOPHYSIOLOGY: "... **improper fermentation in the intestinal system**, and the continual forming of gas, with the inability to throw same off, producing – through the **ileum hypogastric nerve centers - headaches at the base of brain**, and the continual feeling of leadenness in the lower limbs, with pains through the lower intestine, and the blood pressure being high causes the continual temperature in the body."

TREATMENT PLAN:

1. Osteopathic treatment
2. Radium appliance
3. Hot Epsom salts packs over abdomen
4. Do not worry
5. Limewater and Cinnamon water for nausea
6. X-ray therapy

COMMENTS: See other readings in this series.

4620-1 FEMALE ADULT 6/9/26

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, this shows some **streptococci in the blood**, produced by auto-infection. This brought about by specific conditions in the **8th and 9th dorsal, which affect the stimulations as is received to the organs of digestion**, and this hindered digestion causes the system to lack the power of assimilation, or of digestion, and this conditions producing, the foods lying in the system without digestion, causing the re-absorption. Hence the **infection in blood** and the condition as exists in the various portions of the body as are affected through this condition. High hepatic circulation. Temperature at times. Low resistance throughout the system. Disturbances and nausea of the stomach. Improper functioning of the organs of the pelvis. **Headaches. Pains to the top of the head**. Aching across the lower portion of the hips. **All of these conditions are the reflex effects as are carried in the functioning system from this condition as exists here in the dorsal region**.

TREATMENT PLAN:

1. Osteopathic manipulation
2. High enemas

COMMENTS: Note infectious factor produced by spinal lesion creating vulnerability in system.

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482-2 FEMALE 42 10/15/27

ETIOLOGY AND PATHOPHYSIOLOGY: "The **position of the stomach proper shows still to be tilted** in the way and manner as to prevent the emptying of same, also from the proper digestion taking place within the stomach proper, being too small and being tipped in the lower end makes a strain, as it were, both on the pyloric and cardiac ends of the stomach.... This then produces, as we see, an over acid state in the pyloric end, and often an over acid state in the cardiac portion. With these acid conditions we find there is **super pressure produced on hypogastric and pneumogastric plexus, with the corresponding result of the severe headaches at the base of the brain, extending to the sides of temple, through the third ventricle as leads to first, second and third nerves of face.**"

TREATMENT PLAN:

1. Support belt or bandage to hold stomach in place
2. Osteopathic manipulations
3. Electric vibrator along spine
4. Radium appliance
5. Petrolagar
6. Plenty of vegetables and meat juices, plenty of olive oil
7. High enemas to relieve headaches
8. Plenty of water

COMMENTS: Note abnormal stomach position and effects through hypogastric and pneumogastric. Also note use of high enemas for acute headache.

283-2 FEMALE 46 11/10/27

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes the severe headaches occasionally? (A) The improper digestion in the system, or the lack of perfect coordination in eliminating and assimilating forces in system.**

TREATMENT PLAN:

1. Charcoal tablets
2. Violet ray
3. Abdominal packs – alternate castor oil and Epsom salts

COMMENTS: This woman had abdominal injuries from car accident. A report with this file states: "I find lately that my head is bothering me quite a bit - headaches both front and back, also muscular strain at the back of the neck and the cervicals, and my eyes seem to show strain. My arms tire very easily with physical labor. I have had severe headaches occasionally both front and back - a thing rather unusual to me."

900-356 MALE 32 11/23/27

ETIOLOGY AND PATHOPHYSIOLOGY: ",,, drosses, as it were, in those portions where the normal functioning of organs begins. That is, as of the liver, of the kidneys. Hence we have **an auto-infection from same; that is, the dullness, the lethargy, the inability to react, the headaches, the nausea that is apparent, as flashes.**"

TREATMENT PLAN:

1. Oxy-Crystine
2. Plenty of water
3. Manipulations

COMMENTS: See other reading in this series regarding poor eliminations and auto-intoxication.

3989-1 MALE 78 12/22/27

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, while this very good, yet it is hindered in its circulation by impingements, in a greater or lesser degree, dependent upon the action of certain centers in their functioning; that is, with the body subject to **severe physical strain, or mental strain, and overtaxed through digestion**, certain conditions are disturbed,

as is seen in the **kidneys or in the digestive system**, or **reflexly may be produced those of headaches**, nausea, and tendency of feet, lower limbs, and pains across the lower portion of back.... These conditions are produced from that **condition as existed in the base of brain, or from fall**, or from those conditions as followed same, in the **manner and way the body was treated**, or as applications were made for resuscitation to the body.

TREATMENT PLAN:

1. Tonic: Garden Sage, Beet Sugar, Ambergris, Gordon's Gin, Cinnamon, Oil of Sassafras
2. Basic diet
3. Electric vibrator (throat, head and neck)
4. Head and neck exercise

COMMENTS: Note injury to base of brain with systemic effects including kidney and digestive upsets which were apparent cause of headaches by reflex.

5529-3 FEMALE 65 1/19/28

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What can be done for this continual headache? (A) That application of the adjustments or massage that will bring the full coordination between the sensory and sympathetic nerve system, preventing the overflow of blood supply to the head, which is produced from the strangulation, as it were, or the impingement in the lower cervical and the upper dorsal.**"

TREATMENT PLAN:

1. Manual therapy

COMMENTS: Note vasomotor effect described as "overflow of blood to head." Here is the recommendation for manual therapy: "Chiropractically it will require, then, adjustments in the upper cervical and upper dorsal. Osteopathically it will require the full manipulation from solar plexus to the first cervical, with the manipulations about the throat, neck and the ear."

4261-1 MALE ADULT 2/16/28

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, this - while very good as a whole - shows in the **manner of circulation** that there are those conditions existent in the system **that prevents the normal circulation in portions of the body, as is shown in the face, head, neck and nasal portions of the system.** These show that the **hindered circulation** allows drosses to accumulate in such a manner as to produce irritation, and even as seen in teeth and gums, and antrum and the nasal cavity, especially that just back of the nostril in entering the face. This produces, then, these **headaches** ...the condition in the eye, the tendency for the gums to bleed, tendency to take cold easily and to feel irritation in the throat, and **the reflex will be nerve depressions or nervousness that will react to any of the organs that may be under stress.** The condition existent produced by hindrance in the **nerve supply and circulation as radiates from the 3rd and 4th dorsal, and the 5th, 4th and 3rd cervical region.** These show impingements - one in the lateral, the other in the circular.

TREATMENT PLAN:

1. Ipsab for gums, Glyco-Thymoline for throat
2. Eucalyptus inhalant
3. Osteopathic treatment
4. Surgery only if treatments localize condition

COMMENTS: Note vasomotor effects to circulation produced by spinal lesions.

2228-1 MALE 44 3/8/28

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find in times back this condition arose when there was a **subluxation produced in the lower lumbar region.... This is 10 to 11 years**

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ago.... Reflexly we find too much of the incentive for circulation toward the upper portion and toward the frontal portion of the body.... In the functioning of the organs, here we find most in their disturbed condition from **reflex conditions as created in blood or circulation**, not blood itself ... In the nerves we find that in their action to the functioning organs as in brain forces here so often have impressions been made that the body often loses that self-control of self to meet the needs of a physical functioning. Now we are speaking of physical, not mental, for the body is well mentally balanced. In the action of the nerve system as disturbed between cerebrospinal sympathetic sensory system, often we find the sensory system taking on that of a supersensitiveness, as is seen even in **the circulation as is produced through the upper portion of the body or from the central nerve that supplies the incentive for circulation through head and through the neck and shoulder**. Hence depressions in a **low, dull headache at times, acting through the eyes** flushing as of the depressions as come through the **whole of the sensory system** and the reaction from same is as of a **dull lethargic feeling over the whole body**.... (Q) The eye - what about the eye trouble? (A) As given, this reflects from those **conditions existent in the lumbar and sacral region by the overtaxing of the circulation to the third nerves to the face** as given. These bring the irritation or too much blood not taken away as shown by the effect of the lymphatic and capillary circulation, just as flushes carry over the face a **feeling of flow of blood away and to the head**; yet from the sensory system through the sympathetic nerves as they coordinate, **these do not carry the blood away; hence, irritation from poor eliminations**. Meet the seat, the cause of the trouble, we will correct the conditions in the body."

TREATMENT PLAN:

1. Rest for two to three months
2. Deep manipulations to lower spine using heat of salt and sand
3. Tonic: Wild Cherry Bark, Beet Sugar, Tincture Valerian, Elixir Calisaya, Oil of Sassafras, Essence Peruvian Bark, Tincture Capsici, Essence of Yellow Dock Root
4. Diet – mostly green vegetables

COMMENTS: Note vasomotor effects to upper body, sensory system and brain due to spinal subluxation in lumbar region.

4794-1 FEMALE ADULT 3/11/28

ETIOLOGY AND PATHOPHYSIOLOGY: "... in some of the ganglia we find the basis or seat of the disturbance. First, the one in the second lumbar causes the greater distress. This reflexly has produced a lesion of a different nature in the 9th dorsal plexus or the branch of the solar plexus ganglia.... (Q) Is the same cause as given the one that produces the headaches? (A) This produces the **headaches, as given, through the reaction to the sensory system. Pains, the head aches through the top and the eyes and temple. See. Reaction to that ganglia from the solar plexus to the radiated forces of the esophageal ganglia.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. Diet – don't overeat

COMMENTS: Note reflexes from spine to solar plexus and then to esophageal ganglia.

165-4 MALE 50 3/11/28

ETIOLOGY AND PATHOPHYSIOLOGY: " Beware of too much mental strain, especially when there is the digestion taking place in the body for the weaknesses, tendencies are toward those of the pressure to **the hypogastrics that would**

cause headaches or nausea and resultant the activity of those portions that bring the distress in the lower digestive system.

TREATMENT PLAN:

1. Keep well balanced, mentally and physically
2. Avoid mental strain when food is digesting

COMMENTS: Note combination of factors producing headaches via reflex from hypogastric plexus.

4576-1 MALE ADULT 3/13/28

ETIOLOGY AND PATHOPHYSIOLOGY: "... the condition existent in the ascending colon region. Not a state entirely of prolapsus, nor of adhesion, but rather of an **engorged condition**, so that when the system becomes so filled the normal activity does not empty this portion of the **colon** in its natural exercises to eliminate or eject materials left in; then there are those reactions that cause the distress in circulation, **reflex in nerve reaction**, as is seen from improper digestion, or a **headache (as at present) resultant from toxins** forming in the body.

TREATMENT PLAN:

1. Osteopathic treatment with hot alkaline packs
2. Ultra violet ray treatment
3. Bending exercise
4. Diet – cut back on sweets and meats

COMMENTS: Note effects of toxic colon produced by spinal lesions in lower dorsal and lumbar.

4693-1 FEMALE 49 7/19/28

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we see, have to do with the **mental as applied to physical forces in their relation to the assimilation and eliminations** of the body. While these only at times reach those proportions where the body (at present) suffers from **nervousness, headache, and nausea** ...

TREATMENT PLAN:

1. Stop worrying about what others think
2. Osteopathic manipulation
3. Violet ray

COMMENTS: Note psychological aspects of this case as related to the digestive system. The osteopathic instructions were as follows: "This may be brought about by stimulating, then, those special centers or ganglia in the 4th lumbar and the 11th, 12th, and 9th and 10th dorsal centers, and radial activities about that portion of system, and also stimulating through the activity in the cervical and neck region to the head, those of the cross section, or the cross activity of the hypogastric and pneumogastric plexus as radiate to the brain reaction; properly." Note reference to hypogastric and pneumogastric plexus in cervical area that radiates to brain reaction.

4122-1 F 41 9/6/28

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, this we find distraught in many respects. More and more does the body suffer from **headaches, depressions, and acute pains**. This is naturally wearing on the sympathetic system, as well as producing conditions that cause disturbance in the cerebrospinal system.... In the **pelvis** and in the organs of same do we find that distress which produces the dis-ease and distress under which the body has and does labor.... We find there is a specific condition, or a **mis-placement, or curvature of the womb proper**. This has gradually caused the pulling to the side and back, and has for a great period **caused distress at the periods of the elimination, or menstruation** in the system. This has reached now such conditions as to cause disturbance through the lesion (first), then adhesion, that has brought about inflammation to the tubes and to the false pelvis tissue.

TREATMENT PLAN:

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1. Osteopathic treatment with packs and antiseptics
 2. Surgery if osteopathic treatment is not given effectively
- COMMENTS:** Note pelvic etiology with reflexes to sympathetic system and headaches. This case may involve menstrual headaches.

302-7 FEMALE 37 9/10/28

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is the condition of the **ethmoid bone**? (A) This in portion has been removed, yet we find there is still the effect of **accumulations in the portion, which brings about headaches** and nerve tension as reactions."

TREATMENT PLAN:

1. Osteopathic adjustments with wet heat (1-3D, 4-5C)
2. Mono-Ichthyolate applied to antrum, throat and nasal cavity
3. Violet ray
4. Eucalyptol inhalant

COMMENTS: Significant problems to upper respiratory tract were noted produced by lesions in upper spine.

2060-1 MALE 13 9/21/28

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, here we find again one of those conditions that is lending to the disturbances, as indicated in the system through condition or pressure as is caused in **the 4th and 5th dorsal, and in the 3rd and 4th cervical**. Here we find disturbances such that, with the conditions existent in **the eliminations, a slowing up through these pressures causes (or subligations cause, that which brings about a slowing of the eliminations from throat, head and face, or from the nasal cavities, from the antrum, and from the soft tissue about the frontal bone**, the places about the ear, the places about the cheeks and lower portion of face) a tendency towards **congestion which easily irritates throat, face, nose, ears, eyes burn, headaches**, and such resultant conditions.... the eliminations are such, or the conditions existent in the **liver and the lower digestive system** are such, as to cause much of the distress as is produced by other existent conditions lending themselves to the disturbing forces.

Let's remember first, this is the basis of the condition.

TREATMENT PLAN:

1. Eucalyptol inhalant
2. Deep osteopathic adjustments (cervical and dorsal)
3. Compound: Podophyllum, Cascara Sagrada, Senna, Leptandrin, Sanguinaria all put in capsules
4. Castoria

COMMENTS: Note spinal lesions and liver/digestive system dysfunction. Liver dysfunction was often cited as cause of sinusitis and problems with nasal cavities through poor eliminations. The compound is for the liver.

1713-16 FEMALE 30 9/26/28

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What can I do to overcome **headaches which come in the morning**? (A) Most of these, as seen, arise from those conditions as have been described for the body, as respecting the response of the nervous system to those conditions as exist in the general physical forces of the body.... Well that the body keep the system in that condition wherein there is the general **cleansing of the alimentary canal soon of mornings**, and we will find most of this condition will disappear."

TREATMENT PLAN:

1. Osteopathic treatment
2. Radium pad
3. Exercise

COMMENTS: Poor eliminations through the colon appears to be a direct cause of headaches. The osteopathic manipulations also were intended to relieve strain to the eyes: "(Q) What causes that **dull ache above the eye**? (A) Strain in the plexus as is given that deeper manipulation should be given between **the hypogastric and pneumogastric plexus as connect direct with the brain**, about the shoulders and neck, see?" Note reflex from lower spine in following excerpt: "(Q) Why is there such a weakness when I talk? (A) Still that same reaction or retraction as seen through the action of the **hypogastric and pneumogastric to the upper portion of system**. A reflex condition from that existent in the lumbar and sacral region." See previous readings.

4629-1 FEMALE ADULT 9/30/28

ETIOLOGY AND PATHOPHYSIOLOGY: "These are **purely reflex conditions** ... In the effect as is produced in those ganglions so disturbed, we find same specifically in that of **the second cardiac ganglions and that of the fourth lumbar ganglions** that has to do with the sympathetic and cerebro-spinal center that is situated near same. In their **reflex re-action through the system, that of the cardiac and of the ganglion plexus as with the hypogastric and pneumogastric plexus** producing that reflex as produces or brings about the heaviness and nausea to the body; also the **headaches as are produced in the base of the brain and to the frontal portions and through the eyes**, affecting the central nervous system reflexes.

TREATMENT PLAN:

1. Gentle osteopathic or neuropathic massage
2. Violet ray
3. Tonic: Wild Cherry Bark, Tincture of Stillingia, Compound Syrup of Sarsparilla, Sassafras, Tincture of Capsici, Elixir of Calisaya, Essence of Celerina
4. Diet: meat juices, above ground vegetables
5. Plenty of wter, occasionally adding lithia for liver and kidneys

COMMENTS: Note complex reflex patterns responsible for headaches.

325-24 FEMALE 56 1/12/29

ETIOLOGY AND PATHOPHYSIOLOGY: "... **the stomach - the digestive system, especially lower portion of same - suffers still**, as does now the nausea that comes spasmodically, and the **headaches**."

TREATMENT PLAN:

1. Alternate olive oil and Russian white oil, taken internally to cleanse alimentary canal
2. Gentle osteopathic manipulations
3. Radium appliance

COMMENTS: Note digestive system etiology in this long series of readings.

337-1 FEMALE 42 2/21/29

ETIOLOGY AND PATHOPHYSIOLOGY: "... necessary to keep the normal or nominal balance as exists between that of **iodine and potash** in the system, and with the like [lack of iodine?] of this in the system there assumes then - with the continued increasing of the potash or potassium - those of the effects that hinder those portions of the system in their proper functioning in the body ... The cause of these, as we find - the system simply becoming overbalanced in one direction by the taking of food, or water, or those properties that create **the unbalanced condition in the glands first that separate the chyle, or the new blood supply in the system**, see? Hence we will find in the **4th and 5th dorsal** a tenderness as directed directly to those portions of the lower part of diaphragm, to the

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right side, that show PRESSURE also being created between the sympathetic and cerebrospinal system. **Not so much headache, except when those conditions as come about from the digestive system."**

TREATMENT PLAN:

1. Radial appliance with iodine
2. Olive oil taken internally
3. Foods that carry iodine
4. Osteopathic massage
5. Violet ray

COMMENTS: Note iodine/potassium imbalance. Headaches traced to digestive tract.

341-29 MALE 21 2/25/29

ETIOLOGY AND PATHOPHYSIOLOGY: "There is an indication in the mental forces of the overtaxed MENTAL body, and this is produced much by the STRAIN as is experienced through the PHYSICAL forces - especially in the nerves, as is SEEN with teeth. Many conditions have existed here that are retractions, yet there is seen - especially in the **upper right molar** - ONE that will need OPENING and TREATING the nerve exposed.... In the strain these have produced, the eyes suffer some - and **headaches** ensue ..."

TREATMENT PLAN:

1. Iodine and aconite applied to tooth

COMMENTS: Note dental etiology and local treatment.

5504-1 FEMALE ADULT 3/1/29

ETIOLOGY AND PATHOPHYSIOLOGY: "The cold, the congestion, as has more recently existed has brought about - through the **digestive system and lower hepatic circulation** - more of the disturbance, or more CAUSES for pressures in the nervous system. As is seen, the greater distresses have been through conditions as were produced in the nerve system, so when there has been **headaches, or indigestion**, these have been more from reflexes than from conditions existent with the organ so disturbed. **The seat of the trouble, as we find, has existed and does exist in the lower lumbar region, as much or more in the upper sacral.** This in turn has caused pressure that in its action in system has MISPLACED, as it were, the **organs of genitiation**, and this irritation constantly produces in system that **high nerve tension** to which the body is apt to so DISTINCTLY in the reaction. This also prevents the normal, or normality in its entirety, in the **menstrual periods**; also prevents that of the conception for the POSITION shows that this is - as at present - almost impossible. Not so much is this in its position so that there is the **constant irritation, but at the periods the irritation becomes more severe, coming on more just after or just before the disturbance caused than during the period."**

TREATMENT PLAN:

1. Antiseptic packs to reproductive tract
2. Osteopathic treatment
3. Surgery as option if other treatments are not given

COMMENTS: Note pelvic etiology with problems in digestive system as direct cause of headaches. Note difficult menstrual periods which may have been linked to headaches.

5599-1 FEMALE 31 3/2/29

ETIOLOGY AND PATHOPHYSIOLOGY: "... the distresses as are produced in the system from the **hepatic circulation bring about those pressures in the nervous system** as produce the distress or **pain in temple and back of neck.** These, as we shall see, are then the over supply or rush of blood to the central portions from this abundant supply, and were this long ago - at the first condition as would be met - would be blood-letting. In

this, this may be changed through other conditions, as we shall see. In the activity of this then on the system, is to produce the **taxation to the liver and the spleen** in its activity. In the reflexes from this, we find those pressures as are produced then from the **4th and 5th dorsal** - through the **secondary cardiac plexus** - brings the supply of the nerve energy as should be used in that of the digestive system, through its **distribution to the BLOOD strain on head.** IN THE NERVE SYSTEM, here we find much of the causes of the conditions as are apparent and as exist, in fact, in the conditions that cause disturbance. In the cerebro-spinal nerve centers, and in that of the sympathetic nerve centers also, do we find these distresses. With the taxation of the system from that existent in the 4th and 5th dorsal, which comes as much from irritation produced there in times back from distresses from the activity of the system to supply sufficient of nerve and blood energy to the throat, bronchials and pleural cavities, as from anything else, this left in system a fullness here. Hence the tendency of the body to overflow and **cause blood rush to head, in the FORM of headaches....** Then in the **LOWER end of the digestive system, where the liver and the digestive system** function together, we have the cause of those disturbances of the over **creating of a blood supply, also of the disturbance in the hepatic circulation** - as in the upper portion of same. This is, then, the trouble to be dealt with, as would be the proper correction of those conditions existent in the lumbar, lower dorsal, and upper dorsal regions - **and naturally their ends in nerve energy as they connect with brain centers through cervicals**, though the DORSAL and the lumbar regions are those where CORRECTIONS need be made ..."

TREATMENT PLAN:

1. Occy-Crystine (laxative)
2. Osteopathic adjustments
3. Specific exercises

COMMENTS: Note complex reflexes producing vasomotor effects to head and circulatory imbalances throughout the body. The specific exercises and manipulations were intended to balance the circulation. Here are the instructions for exercise: "Taking also, for self, night and morning, exercises as will vibrate to the work as to be attempted. That is, in the evenings exercise the lower limbs or from the diaphragm down. Of morning the arms, shoulders, head and neck; taking the circulation exercise of head and neck, at least three times forward, three times backward, three times to each side, three times circle; bending the waist line, raising the arms up, down, forward, each way at least three times. Take at least ten to fifteen minutes exercise EACH morning and EACH evening." A followup question also addressed the circulatory imbalance: "(Q) What causes weakness in the leg when standing? (A) The tendency of the blood to flow up rather than down, as has been explained from those conditions as exist from the blood supply going from the liver toward the UPPER portion of the body rather than the lower portion of body for equal distribution to body. Hence the relieving of the pressure as is seen in the lumbar and lower dorsal region, with the tightening up of those conditions as exist in the UPPER dorsal and cervical region, will EQUALIZE the blood supply (and nerve energy with it), and produce equal coordination throughout the system."

5514-1 MALE 58 3/12/29

ETIOLOGY AND PATHOPHYSIOLOGY: "The LIVER, then, the seat or the causes of conditions, as reflex and as direct. These produce, as we see, the coldness as comes to the extremities, through the **hepatic circulation being raised above normal**, calls the blood supply from the system and produces in the extremities those of the effect of **the improper change**

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between the arterial and the venous circulation. In the change as is produced in the ducts, this in the assimilation producing that condition as gives the differentiation in the **supply of the blood forces** as would rebuild properly. From this same digestive condition there is produced **the headaches, the pains as come to the base of brain and to the frontal portion of the central nerve and blood supply to the brain** and to the upper part of the body. In the natural reflex through the disturbance in the upper hepatics, there is brought to the system those of distresses through the activity of the kidneys in their functioning.”

TREATMENT PLAN:

1. Castor oil pack over liver
2. Osteopathic manipulations
3. Tonic: Garden Sage, Ambergris, Grain Alcohol, Beet Syrup, Oil of Juniper, Cinnamon
4. Alkaline diet, mostly fruits and vegetables

COMMENTS: Note liver etiology with vasomotor features for headaches produced by high hepatic circulation.

5713-1 MALE 42 4/2/29

ETIOLOGY AND PATHOPHYSIOLOGY: "While these at times do bring such conditions as to be of dis-ease, and of troubled conditions - the **headaches**, the eyes, the conditions of the **digestion** - these are but the effects of those conditions in the physical forces that the **body should not overtax system**, else there may be brought about those forces in activity that would bring detrimental conditions to the body.”

TREATMENT PLAN:

1. Osteopathic treatment
2. Diet – beware of meats
3. Don't overtax system

COMMENTS: These was essentially a business reading with physical advise thrown in for good measures. Note digestive system link to headaches.

5454-4 MALE 10 4/18/29

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, the disturbances as are produced in the system at the present come from the **digestive system**, produced by those of **the intestinal infection** from those of forces that are necessary at times IN the system, but can become so OVER numerous as to destroy the usefulness and become a menace to the body - **worms!** ... [with treatment] We will find the disappearance of the nausea, the elimination of the conditions as produce **headaches**, the cough, and the irritation will disappear.”

TREATMENT PLAN:

1. Santonin and calomel under physician's direction
 2. Castoria
 3. Diet – soft eggs, whole wheat toast, easily digested foods
- COMMENTS:** Note intestinal source of headaches produced by worms.

5629-1 FEMALE 61 5/11/29

ETIOLOGY AND PATHOPHYSIOLOGY: "The **body suffers principally from nerve exhaustion**, brought on by properties as given to the system to supply, or strengthen, or to stimulate the body as respecting this portion of the functioning system, and the system being strong-willed in self, as well a sympathetically, **REBELS** against such conditions, and the whole system cries out, as it were, against such conditions. **Hence medicinal properties become as a bugaboo to the system**, or to the body, and the whole nerve forces **REBEL** against taking any nostrums of ANY nature. In the effects as are created in the system: The tiredness, the **headaches**, the fullness in feet, the inactivity of the digestive system, the slowing up of the

pulsations, the overtaxing or excitement of the heart's action, the quickness of the pulse, the tired depleted feeling as is felt, little rest at times, and at others drowsy; yet not resting from the **REST** as attempting to take; nervous fidgety, and nothing suits. These and kindred conditions are the effects of this nerve exhaustion and improper assimilation to create energy sufficient to supply the body.”

TREATMENT PLAN:

1. Rest in quiet place free from worry
2. Radium pad
3. Radial appliance
4. Alkaline diet
5. Gentle neuropathic massage after warm baths

COMMENTS: The headaches were part of systemic effects of nerve exhaustion (neurasthenia) produced as medication side-effects. "(Q) Why can I stand so few medicines? (A) As has been outlined for the body, most of these have brought destructive forces as created in the system, through the nerve energies of the body.”

5571-1 FEMALE ADULT 5/16/29

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **unbalanced condition existent in the eliminations** of the system, and the effect is to produce the form of neuritis, or of rheumatism, or **BETWEEN** the two, is the condition as exists and is produced by the effects as come from the form of **acids as are left in the system** by the inactivity of the **NORMAL** forces through the kidneys, or the **division between the hepatic circulation as separates drosses from that as eliminated through the effect of the active functioning of the kidneys, and that of the effect as produced through the effect of the liver in its functioning**. Hence we find at times there is soreness, stiffness, through the limbs. At others the effect is more of **dull, mean headaches, that are not in any particular portion, yet just aches**; with **bad taste, belching at times**, and restlessness at others.”

TREATMENT PLAN:

1. Toris compound (two formulas – one with Spirits Frumenti, the other with simple syrup)
2. Diet – easily assimilated foods, no white bread, mainly below ground vegetables
3. Violet ray
4. Osteopathic manipulations
5. Irish potato poultice for eyes

COMMENTS: Note hepatic etiology in this case with systemic toxicity and dull, mean headaches, bad taste, and belching.

958-1 FEMALE 20 5/21/29

ETIOLOGY AND PATHOPHYSIOLOGY: "In the **disturbance that we have with the eliminations**, these affect more the **vegetative nerve system** - which, as we see, is the connection between the internal and the external, and these - added to the **disturbance in the lower dorsal region** - finds more activity through the blood supply, as it furnishes to the system the manner or **means of elimination** in portions of the system. The eliminations, as we see, coming from more than one source, may be thus affected in the way as is seen here. Hence the **continuation of headaches, of disturbances in the stomach**, the tendency for the skin to become over moist, cold spots showing in portions of system, and again tendency for a rash, or the exterior or the epidermis to show irritation by spots occurring in patches or places over the system. This, then, is an affection of the nerve system direct, radiating from **the 11th, 12th dorsal plexus, as it affects the dorsal plexus branches, and the digestive system**, as related to assimilation in the body.

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TREATMENT PLAN:

1. Tonic: Vinol, Lactated Pepsin, Tincture of Stillingia, Oil of Sassafras
2. Osteopathic manipulations
3. Diet – more proteins, less starches

COMMENTS: Note the osteopathic instructions as follows:

“After these [medicinal] properties have been taken for three to five days, begin with the **osteopathic manipulations as will correct those subluxations or impingements as are evidenced in the condition existent in the lumbar and lower dorsal region.** Also there should be the **general massage** over the whole of the system, especially the cerebro-spinal and in the region of the cervicals where the plexus from the **hypogastric and pneumogastric have their relations to the central nerve system as enters the brain forces through that of the upper cervicals, and the 3rd and 4th ganglion to the face and head.**”

1713-17 FEMALE 31 5/30/29

ETIOLOGY AND PATHOPHYSIOLOGY: "There are those conditions still that produce **auto-intoxication**, from the conditions as have and do exist in the physical forces, **especially as respecting the eliminations from the colon** and the resultant effects as come from same. This condition, we find, produces **the headaches, the nausea at times, the heaviness in feet, and the condition as has been given as respecting the eyes.**

TREATMENT PLAN:

1. Diet – see comments
2. Osteopathic treatment – see comments

COMMENTS: Note toxic bowel etiology with auto-intoxication. The diet recommendations were extensive: “(Q) What should the body do to overcome constipation? (A) To meet the needs of the conditions of the body at the present time, we would change somewhat the diet of same. We would first, for at least three to five days, beginning now, be on a diet **CHIEFLY** of oranges and prunes, see? Then, after these days (for we will find this will tend to cleanse the alimentary canal, especially the colon), we would begin with those of the filling or heavy diet, as in those of brans, cereals carrying brans, corn cakes, corn muffins, and such; whole wheat bread. Little of meats. A great deal of vegetables, especially those that give iron, as beans, lentils, spinach, cabbage, carrots, beets, radishes, lettuce, celery, and these natures.

Tomatoes very good, provided they are fully ripe - **PREFERABLE** that these be taken in the juice, rather than the pulp of same. In the meats, rather those of the juices - but little of that, other than fowl or fish. These, we will find, will bring about these corrections, as far as internally are concerned. Then we would begin also, after the taking of the fruit juices, those of the deep osteopathic manipulations, applying heat to the lower portion of the cerebro-spinal system before the manipulations are given. **ALSO** those to the **UPPER** dorsal and full length of the cervical. These should be made at **LEAST** every **OTHER** day until at least twenty-seven such treatments have been given, and we would relax the body thoroughly before the manipulations were given; making adjustments only about every third to fifth treatment, and the general manipulations throughout the rest of the treatments.”

5453-9 MALE 30 5/30/29

ETIOLOGY AND PATHOPHYSIOLOGY: “(Q) Are the headaches which the body has at times caused from the condition of eyes? (A) Caused rather from the condition in the **lower portion of the brachial plexus**, and that condition existent in the **sacral region.** The effect as is created on the **weakened condition to the eyes**, as has been given times before, these are

irritant to the condition and **assist, of course, in bringing about the headache.**

TREATMENT PLAN:

1. Osteopathic treatment
2. Violet ray
3. Potato poultice over eyes
4. Drink plenty of water, carrying lithia

COMMENTS: Note spinal lesions as primary etiology with reflexes to eyes and brain producing headaches. See previous readings.

5641-1 MALE 50 7/20/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, here we find a **seat or a cause that is of a specific nature.** There has existed in the system for times back a **condition of a specific nature, in the region of the 5th and 4th dorsal vertebrae, a condition wherein the cardiac end of the stomach** and the esophagus itself has been involved. This producing first a form of digestion that produced, and still produces (produced more in times back than at present) conditions of an over **acidity, or hyper-acidity**, or an accumulation of the hydrochlorics in the system, a lack of the lactics and lacteals ... The effect of this to the system brought those reactions in the **hypogastric and pneumogastric plexus, which caused gradually the pulling of the stomach itself to a position** wherein the duodenum did not respond in time of digestion properly.... These becoming acid, then we have the acidity throughout the blood even itself. This being carried in this way to the whole of the system, brings, as it were, **TORMENTS to the body in the way of restlessness, or insomnia, headaches, eye aches**, feeling in the lower portion of the body as heavy - from the lower part of the portion about the pelvis, or just above the pelvis. At times the kidneys produce the burning sensation in their reactions.”

TREATMENT PLAN:

1. Yellow saffron tea and slippery elm water
2. Charcoal tablets
3. Diet – green vegetables, little of meats, more gruels, junket, whole wheat, nuts
4. Osteopathic corrections (4-6D)
5. Ultra violet ray
6. Petrolagar with 5 drops of lactated pepsin added

COMMENTS: Note systemic hyperacidity produced by abnormal stomach position resulting from aberrant nerve impulse from from 4-5D.

5416-1 FEMALE 16 8/30/29

ETIOLOGY AND PATHOPHYSIOLOGY: “(Q) What causes the headaches? (A) These come from various conditions. At times they come from the **pressure as produced on central nerve forces from structural reaction in the head** itself. At other times, as is seen, occur from those **pressures as are produced in and about the diaphragm**, from the reaction of the body itself. At others they occur from the **digestive system, or the assimilating forces.** **Do not worry!** If the body will follow these conditions, conscientiously, we will find changes!

TREATMENT PLAN:

1. Radial appliance (attached to 4-5D and extremities)
2. Diet – foods that carry silicon, iron and phosphorus
3. Dental work and Ipsab for teeth

COMMENTS: Note multiple causes for headaches.

2710-3 FEMALE 25 9/4/29

ETIOLOGY AND PATHOPHYSIOLOGY: " The indication would be that of the milder form of **malarial germ, egged on or**

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increased by a very cold or poor circulation through the upper hepatic circulation.... (Q) What is the cause of frequent colds and headaches? (A) These have just been described, as to the existent conditions in the system, wherein the pressure as is produced on the splenic nerves and the active forces to the gall BLADDER especially, or gall ducts - these prevent that being carried in the system that is able, through the assimilation of food values, to create the plasm necessary in the blood supply to cope with the germ when it enters the system - which is, as is known, as prevalent in the air as is oxygen, or nitrogen, or hydrogen.

TREATMENT PLAN:

1. Compound: Podophyllum, Leptandrin, Sanguinaria, Camphor Gum, Sal Hepatica
2. Spinal massage
3. Ultra violet ray

COMMENTS: Note effects of infectious agent on hepatic system and immune system.

18-1 FEMALE 48 9/5/29

ETIOLOGY AND PATHOPHYSIOLOGY: "... for the condition as has existed in a minor way and manner in the lower portion of the 5th and 6th dorsal plexus has caused the liver - in the functioning through the order of plasm building - to cause regurgitation at times, and a feeling of a fullness just before completion of digestion from stomach and the lower end, or through the duodenum. This the greater warning the body should take concerning, and from this source arises that fullness at times felt, the headaches that at times pain, even through the eyes - again the top and temple hurt or ache, or is at dis-ease most."

TREATMENT PLAN:

1. Osteopathic treatment
2. Ultra violet ray over spine

COMMENTS: Note spinal lesions and hepatic etiology for headaches.

2713-4 FEMALE 43 9/9/29

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) The sacral? (A) This, as has been given afore, the seat or cause of pressures that - with the WEIGHT of the system [She was not overweight. GD], or the activities, or the SEATED activities of the body - has often caused reflexes for the headaches, or the tendency of the system to prevent the proper reaction of foods through the system.

TREATMENT PLAN:

1. Osteopathic treatment

COMMENTS: Note sacral lesion producing nerve reflexes to the head.

5573-1 FEMALE 32 9/9/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, AND SYSTEMS, again there is evidenced the source of disturbance, as well as that as is most greatly disturbed by pressures created. These, as seen, in the cerebro-spinal system, radiate particularly from the 2nd - 1st, 2nd and 3rd dorsal. Naturally, from same there are reflexes to the head and neck, and the headaches as occur, are from both the pressures as occur from the brachial plexus and its radial centers, as well as that from the LOCOMOTORY centers in the lumbar and sacral regions."

TREATMENT PLAN:

1. Toris compound with spirits frumenti or simple syrup
2. Osteopathic manipulations

COMMENTS: Note spinal lesions with reflexes to head.

5634-1 MALE ADULT 9/11/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEMS, here again we find tautnesses along the whole of the cerebro-spinal system, so that the body at times is very tense; headaches occasionally; feet ache at times; again bearing down pains, or SHOOTING pains through the abdomen and through the sides - especially the right side.

TREATMENT PLAN:

1. Tonic: Simple Syrup, Compound Syrup of Sarsaparilla, Tincture of Stillingia, Oil of Sassafras, Tincture of Capsici, Balsam of Tolu
2. Osteopathic treatment including massage
3. Diet - no fats

COMMENTS: Note tautness along spine with reflexes to head and abdomen.

153-2 FEMALE 56 9/13/29

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the dizziness, and why the headaches continued? (A) The inability of coordination between the sympathetic and cerebrospinal as related to those of the sensory system."

TREATMENT PLAN:

1. Osteopathic treatment
2. Rotary vibrator

COMMENTS: Note sensory system involvement. See previous reading.

3780-1 MALE 42 9/20/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, here we find evidences of the character of disturbance in circulation and elimination as regards the blood supply. The blood itself, in its elements or constituents, shows the lack of that vitality as is necessary to produce the better reactions and the constant rebuilding as is necessary. Hence the dullness and lethargy felt by the body, as if the inner texture or skin is separating from the outer casing or condition in the system; dizziness at times, headaches.... Now, the seat or the cause of these conditions: As we find from the condition in the mesenteric forces and about the organs themselves, there are inflammations in the vegetative nerve centers, or from the lower dorsal-lumbar, and ESPECIALLY from the lower part of the dorsal plexus center, or the 9th, 10th and 11th dorsal."

TREATMENT PLAN:

1. Occy-Crystine (laxative)
2. Osteopathic manipulations
3. Petrolagar
4. Basic diet with emphasis on increasing eliminations
5. Sinusoidal treatment

COMMENTS: Spinal lesions in the lower dorsals disturbed digestion, elimination and circulation resulting in headaches and numerous systemic symptoms.

5450-1 FEMALE 19 10/2/29

ETIOLOGY AND PATHOPHYSIOLOGY: "The disturbance in the circulation, more as to the character of the circulation, is disturbed at times through the manner in which drosses or poisons are thrown into the circulation from the lack of proper eliminations through the functioning of the organs as related to the alimentary canal, and the headaches as come from seemingly digestive disturbances are rather the effects of poisonings produced in system through the action of conditions existent in the body as related to this character of elimination. These conditions have to do with the result of pressures as exist

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in the physical functioning, especially through the **dorsal and lumbar plexus ...**"

TREATMENT PLAN:

1. Osteopathic treatment
2. Simmon's Liver Regulator
3. Epsom Salts packs to lower spine
4. Balanced diet

COMMENTS: Note systemic toxicity as source of headaches.

5555-1 FEMALE 51 10/22/29

ETIOLOGY AND PATHOPHYSIOLOGY: "In the effects as are produced - that tendency of **non-COORDINATING between sympathetic and cerebro-spinal** or so as to form, as it were, two separate functionings, rather than a coordinated functioning. This we find evidenced by the condition as has been described, as related to the blood stream in its activity, as well as the tiredness in the system, the tendency toward the **headaches** or depressions as come from those of the central nerve system to the extremities, the tendency of the system to so absorb all that it produces pressure in the system. These are the non-coordinating effects produced by the condition existent in the nerve systems. In the activities of same, these we find in the cerebro-spinal radiate particularly from that pressure as has long been produced in the **lumbar and sacral.**"

TREATMENT PLAN:

1. Citrus fruit diet for 5-6 days
2. Osteopathic manipulations
3. Radium appliance

COMMENTS: Nerve reflexes from the lower spine were noted with effects to the digestive system and sensory system especially resulting in headaches.

166-1 MALE 63 10/23/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, this, also, rather under the strain of the deflection of nerve energy through various centers, by distresses caused in the functioning of the organs, especially through **the liver, the hepatic circulation, the kidneys,** and the distresses general. These at times show their effect sympathetically in the nerve system, as is seen in the **headaches** - the soreness about the eyes - irritation in the eyelids themselves - at times pimples or sores, of a minor nature, in mouth - throat irritation. **The conditions are reflex. The seat or the cause of these distresses, as WE find, is from toxics, or toxic poisons as come from the distress in the ascending colon,** and especially in that portion of the system where the ascending and transverse colon shows its operations."

TREATMENT PLAN:

1. Rest for two weeks
2. Colonic irrigation
3. Petrolagar with lactated pepsin
4. Diet - little sugars and meats
5. Medicine: Camphor Gum, Muriated Iron, Sulphate Morphia, made as pellets

COMMENTS: Note toxic bowel etiology with reflexes through system.

5593-1 MALE 66 10/24/29

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Regarding the physical body, what will relieve **the morning headaches I so frequently have?** (A) The better would be for the Colonic irrigation, taken once a month, for three to four months - for this is produced by the **pressure in the hypogastric and pneumogastric plexus, in the poisons as accumulate from the colon** - as does also this affect, sympathetically, that center from

which the radiation of the auditory and vision are radiated, and these will aid the sensory reaction, or make more acute the hearing, the eyesight, the feeling, and the whole system as related to same.

TREATMENT PLAN:

1. Colonic irrigation

COMMENTS: This was a business reading with a single question regarding morning headaches. Note toxic bowel etiology with reflexes via hypogastric and pneumogastric with sensory system involvement.

19-1 MALE 50 10/29/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, this, as we find, at PRESENT, suffers most through the internal nerve system, or through the **vegetative nerves, or those of the intestines and the stomach, and the organs of digestion ...** and these, as we find, indicate that the greater distress then to the blood supply, to the stresses on the nervous system, come **from auto-intoxication, produced by the condition existent in the colon itself.** The colon, then, in a portion of same - especially that in the descending - is a form of prolapsus.... Drainage, then, in system becomes bad - sour stomach a result - **headaches again the result** - the eyes ache or burn at times from this same condition ..."

TREATMENT PLAN:

1. Colonic irrigation
2. Diet - coarser foods, little sweets or rich foods
3. Sinusoidal treatment (5D, 4L)
4. Osteopathic manipulations

COMMENTS: Note toxic bowel etiology.

294-120 MALE 52 11/8/29

ETIOLOGY AND PATHOPHYSIOLOGY: " In the **colon, still, do we find the seat or cause of the toxic poisons,** as in the blood stream cause the pressure in nerve ganglia about, or through which it flows, not being eliminated properly from the system. Hence there still exists that condition of **improper eliminations, causing or producing toxemia,** that produces in the nerve centers and reflexes those conditions of a neurotic, or neurasthenic, or neuritic condition. These, then, need the attention that may ELIMINATE same from system. The body **should not eat so much like a pig.** The body, when the labors are mental, should eat accordingly. When the labors are physical, eat accordingly. Or, keep the eliminations nearer to the normal.... (Q) What connection is there between the **headache and the pain in back?** (A) Merely **that reflex from poisons in system,** where the activity of portions of the system revert from one to another, or sympathetic."

TREATMENT PLAN:

1. Osteopathic treatment
 2. Colonic irrigation
 3. Sweat baths
 4. Diet - moderation, no pork, more nerve and blood building
- COMMENTS:** Note toxic bowel produced in part by poor diet. See other readings in this series for Edgar Cayce.

5486-1 FEMALE 36 12/17/29

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find the greater causes of distress. Here we find not only are there evidences of the **distresses as are produced in the eliminating system,** but that the distresses as are left or carried in the system are finding lodgement in weakened conditions of the system and causing distress to the functioning of the **SYMPATHETIC system, as well as the organs of the sensory system.** These conditions exist particularly in the **4th lumbar**

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and in the 3rd and 5th dorsal. The effect is **the excitement to the mucus system, or lymphatic system, especially to the head and to the face, and the headaches** - in sympathy with conditions existent. In the digestive system, as given, are produced from these disturbances, as is also the effect as comes to the respiratory system and the breathing and the heart's action - these are sympathetic conditions, not causes. That **condition existent in the lumbar being the main, or THE cause or the seat of the troubles**; the others being the more sympathetic, and produced from **congestion following those of cold or congestion** that has affected the system as reference to the sympathetic system, through those of the secondary cardiac forces, from that plexus and disturbance in the form of a **lateral lesion in the dorsal, while this in the LUMBAR more of the circular.** This producing the pressures as cause distress in the hepatic circulation."

TREATMENT PLAN:

1. Osteopathic treatment
2. Tonic: Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici
3. Alkaline diet
4. Enema

COMMENTS: Note lumbar lesion with congestion from cold as primary etiological factors in producing poor eliminations and sensory system distress.

5593-2 MALE 66 12/23/29

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause of **morning headaches**? (A) **Toxemia.** (Q) How may they be prevented? (A) By taking of the colonic irrigation sufficient to relieve those pressures as are caused through the colon.

TREATMENT PLAN:

1. Colonic irrigations
2. Citrus diet for 9 days
3. Bicarbonate of soda taken orally
4. Osteopathic treatment

COMMENTS: Note toxic bowel etiology with morning headaches. The specific recommendations for osteopathic treatment are fascinating: "The manipulation would be given (not as ADJUSTMENTS), but rather as a thorough massage, and **ESPECIALLY** from the 8th DORSAL to the brain - but twisting his leg very good, for that is **NECESSARY** for those conditions as produced pressure, or **HAS** been producing pressure in the lumbar and sacral regions. Working the limb up, around, back, down, see? Once or twice each week would be sufficient to bring about a normalcy. That is, **WITH** the other things - one won't do it by itself! This will aid the eyes also. Stop the roaring as comes in the sensory effect to the auditories. This will relieve the pressure - this is, especially, of course, from the DORSAL reflex to the sensory system, rather than from the cervical reflex - though the cervicals need their attention, to be sure. Especially where the activities of the great nerve centers cross, coming in the 2nd, 3rd and 4th cervical. Hypogastric and pneumogastric - especially up to the sides of the ear, as comes through the back portion of the soft tissue in the back portion."

5497-1 FEMALE ADULT 1/8/30

ETIOLOGY AND PATHOPHYSIOLOGY: "In the **eliminations of the system physically, these are often disturbed by the accumulation of drosses as are produced; not so much by the physical inactivity of organs or of the active forces IN the functioning of the system, as of the MENTAL destructive forces created by worry.** Worry and fear being, then, the greatest foes to **NORMAL** healthy physical

body, turning the assimilated forces in the system into poisons that must be eliminated, rather than into life giving vital forces for a physical body. The destructive energies, then, are in the greater portion active through the **vegetative and sympathetic nerve systems** - as related to either a portion of the lower portion of the stomach **PROPER**, where assimilation first begins to take place, or through the organs **OF DISTRIBUTION** of blood supply so assimilated. The liver, the heart, the kidneys, the spleen or the pancreas, **USUALLY** - or possibly in the order named - most often suffer from such conditions. These, to be sure, are **GENERAL** - as are given. **SPECIFICALLY**, in **THIS** individual, the **vegetative nerve system, the duodenum and the walls of same, with the liver, are those involved in the disorders as so occur; not always, but occasionally....** There must be proper adjustments of the nerve centers' radial plexus in their activity through the lower lumbar plexus; the plexus as applied to not only the solar plexus in the lower activity but the lower brachial plexus - as comes through the energy from the **sympathetic cardiac, as from those of the hypogastric and pneumogastric, where ITS pressure IS governed - as has been seen and given - in the passage to the brain activity itself.** **Hence these headaches, these bearing down pains in the head, or from the top and temple,** are from those **ATTEMPTED** adjustments of the **PHYSICAL** conditions as may be attributed to **MENTAL** reactions. **Not that the brain forces are distorted, disturbed, other than sympathetic reaction the in the system from fear, from anxiety, from worry.**

TREATMENT PLAN:

1. Balanced diet (acid/alkaline; potash/iodine; never eat foods when tired or worried)
2. Avoid constipation
3. Keep in open air, away from crowds
4. Constructive attitude

COMMENTS: Note psychosomatic effects of worry on sympathetic system and vegetative processes. Also note reflexes from pneumogastric and hypogastric (parasympathetics) to brain.

5510-1 FEMALE ADULT 1/16/30

ETIOLOGY AND PATHOPHYSIOLOGY: "While the digestion proper, in the stomach itself, takes place in the **UPPER** portion as near **NORMAL**, that as it passes into the system - and that distribution of that assimilated in the system - through the lower portion, or through the duodenum and through the jejunum - these form the conditions that are to be warned of ... (Q) **Are slight headaches** due to bad sight? If not, what can be done to eliminate them? (A) We are correcting these conditions through that of the proper assimilation. **Most of this is due to that pressure as produced from the sourness, or from the improper assimilation in the system - and the pressure is produced through the sympathetics, in the secondary cardiac, which reflects to the brain forces and the facial centers, which cause - WITH that pressure as caused from the eye.**"

TREATMENT PLAN:

1. Alkaline diet
2. Radial Appliance carrying camphor
3. Infrared therapy
4. Osteopathic manipulations

COMMENTS: Note reflexes via secondary cardiac to brain and face.

191-1 FEMALE 25 1/20/30

ETIOLOGY AND PATHOPHYSIOLOGY: "First, in the **BLOOD SUPPLY** - here we find the conditions are an overtaxed blood supply, through the manner in which eliminations have been carried on in the system. This **leaving drosses, especially**

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in the alimentary canal, affecting directly the liver, and this re-infection, as it were, from the poisons in system, produces an over-abundance of the blood supply so contaminated, as it were, in the throat, the bronchia, the larynx, the **pounding to the head** ... In the functionings of the ORGANS, these show specific conditions as exist - in that of **the pressure in head, causing headaches, that take peculiar TURNS, as it were, through the head**. Eyes at times burn, WITHOUT any PARTICULAR effect to vision. Throat irritation. Larynx - this shows the greater effect of the plethora condition existent in the upper portion of system, or the radiation of the blood supply above the diaphragm.... In the digestive system, with the **blood supply above the diaphragm** - naturally the digestion becomes poor, and insufficient activity carried on. The condition in LIVER, sluggish in its activity - with the tendency towards the INACTIVITY of the bile ducts, as also of the spleen's reflexes in the activity of digestion. **Hepatic circulation** becomes cold, or slow so that the tendency is the OVER crowding of the lower hepatic circulation, and the inactivity of same.

TREATMENT PLAN:

1. Compound: Podophyllin, Leptandrin, Sanguinaria, Cascara Sagrada, all in capsule
2. Eucalyptol inhalant
3. Hot mustard bath for feet and knees followed by massage with mutton tallow and camphorated oil

COMMENTS: Note toxicity and unbalanced circulation. The laxative mustard bath to the feet was intended to "... produce a circulation through the extremities that, added with the stimuli [compound] to the hepatic circulation, will aid in EQUALIZING and caring for the conditions as PRODUCE drosses in the body."

5518-1 MALE ADULT 3/7/30

ETIOLOGY AND PATHOPHYSIOLOGY: "These show the effect in the blood supply of that variation in the pressure, that dullness, that heaviness experienced across the middle portion of body, **the tendency of headaches that dull and wear off - at times; at others they seem to produce a dizziness. The bad tastes at times in the mouth,** the heaviness in feet, and the pains across the lower portion of the back. These are the **EFFECTS and SIGNS of the pressures created in the system, of the lack of the proper eliminations through alimentary canal, disturbances in the colon itself.**"

TREATMENT PLAN:

1. Rest and exercise in open
2. Manipulations
3. Ultraviolet and infrared therapy
4. Massage
5. Diet - "rough it"
6. Colonic irrigation

COMMENTS: Note toxic bowel etiology with dull headaches and systemic effects.

325-31 FEMALE 57 3/11/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why does body suffer headaches? (A) Worry!"

TREATMENT PLAN:

1. Ultraviolet therapy
2. Massage and manipulation
3. Basic diet
4. Change surroundings - take a trip

COMMENTS: Note psychological factor. See previous readings for more on physiology.

3742-1 FEMALE 33 3/24/30

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE FUNCTIONING OF ORGANS THEMSELVES, in the sensory system we find pressures as produced by those **reflexes from the hypogastric plexus** produces those of an accentuation in the functioning of the **sensory organism**, or an accentuation in auditory - as is seen as felt in eyes, ears, and in mouth, or FULLNESS in throat and the tendency to fill, as it were, at times, or the pressure becomes so strong at times as to produce those **headaches**, the irritation, and as nothing goes exactly right with the body. This is a reflex; NOT a cause.... In the digestive system we find more of a centralized condition, as has been produced by these disturbances, and an acidity that has produced - in especially the right side of the body, those of the fullness. These are from the effects created by the eliminations being accentuated without removing the cause or the troubles of the condition; also there is the tendency - with this pressure produced **in coccyx and at the 12th dorsal - to pull the stomach to an improper position.**"

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Tincture of Stillingia, Elixir Calisaya, Oil of Sassafras, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici
2. Osteopathic treatment (relaxing) with correction in coccyx and lumbar, lower dorsal
3. Sinusoidal
4. Fume bath with Epsom salts followed by rubdown with cold water
5. Diet - blood and nerve building

COMMENTS: Note spinal lesions pulling stomach out of position producing reflexes to sensory system from hypogastric plexus.

5543-1 FEMALE 33 4/24/30

ETIOLOGY AND PATHOPHYSIOLOGY: "In the NERVE FORCES of the body, much disturbance is seen here from specific conditions as exist in and with the **pelvic organs, and of the genitry system. These pressures in the sacral and lumbar** produce conditions that react differently in the system. The gradual strain produces that very disturbance that brings languidness, and the feeling of tiredness, the **headaches as come to the top of the head** - THESE are but reflexes of conditions as exist, and are from the pressures as exist in the lumbar and sacral. At times these conditions change the effect of the digestive system, through **WORRY - or aggravation as much as anything else** ... In the organs of the pelvis, then, we find the greater distress. The position of the system, or of the organs of generation, and the pressure as is produced there. These produce CONSTITUTIONAL effects, as WELL as disturbances in the general system. The pressures as apparent are in the **2nd - 4th lumbar, and through the lower portion of the sacral. These are the centers from which the radial forces of nerve SUPPLY, and as WELL as SYMPATHETICALLY, throughout ALL of those from the LOWER portion of the solar plexus.**

TREATMENT PLAN:

1. Osteopathic treatment
2. Tonic: Wild Cherry Bark, Green Mandrake Root, Wild Ginseng, Balsam of Tolu
3. Diet - vegetables that grow above ground, no pork, no fat meats,

COMMENTS: Note pelvic etiology with reflexes via lumbar/sacral axis to solar plexus.

24-1 FEMALE 16 4/29/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause and treatment of headaches? (A) Toxemia! Remove the

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cause - which is poisons in system, and the **pressure in the lumbar and in the cervical**, and the condition will be gone.”

TREATMENT PLAN:

1. Osteopathic treatment
2. Alkaline diet – nerve and blood building with plenty of salines
3. Surgery – remove tonsils

COMMENTS: Note toxicity causing headaches.

522-1 FEMALE 43 5/3/30

ETIOLOGY AND PATHOPHYSIOLOGY: "Tendency of the **pressure in the brain forces, or the headaches, - come from the disturbance in the circulation and in the digestive system**, though the **nervous condition is the seat or the cause of the condition** - produced by a pressure as we will find in the organs of digestion.... In the digestive system we find disorders, as we do in the eliminating system - there having been a **bruise to the body at some times back**, until we find the mammary glands show the effect of this through their activity, and the character of the coagulation as was produced in the system at that time and the amount of the **gluco and urea in the system itself**. These **throw off from the liver** and from the digestive system through the ASSIMILATING system. These, then, naturally **disturb the DIGESTIVE system**, in the system attempting to create an EQUILIBRIUM from within itself.

TREATMENT PLAN:

1. Osteopathic treatment
2. Sinusoidal therapy
3. Radium appliance
4. Do not overtax self mentally
5. Alkaline diet
6. Alkaline medicine – Bicarbonate of Soda, Milk of Bismuth, Milk of Magnesia
7. Olive oil taken orally

COMMENTS: Note that osteopathic treatment is for physiological regulation: "The manipulations should be given at least twice each week; **NOT adjustments** - but MANIPULATIONS along the cerebro-spinal system. Adjustments only as is necessary to keep the **coordination between those of the hypogastric and pneumogastric plexus in the cervical and in the lumbar and lower dorsal regions, but NOT as adjustments.**"

5612-1 FEMALE 34 5/30/30

ETIOLOGY AND PATHOPHYSIOLOGY: " IN THE BLOOD SUPPLY, this we find very good, save in that distribution through the assimilating forces of the body, as tends to the replenishing of the cellular forces as pertaining to the functioning of the system as related to the creating of portions IN the system that are of **the urea nature, or that division in the blood as necessary for the functioning of the DUCTLESS glands**. This would have to do with the endren [adrenal, endocrine], with the mammary, with the salivary, and these - as we find - in their execution of their functioning furnish to system that necessary element to prepare for assimilation, and to distribution in the assimilation.... IN THE FUNCTIONING OF THE NERVE FORCES, these are very good, as are the FUNCTIONING ORGANS OF THE BODY. These, as we find, show **LITTLE** distress as to the GENERAL system, save as are seen when there is the tendency of **too LITTLE of the urea in the system**, when the reactions are of tired, nervous, **little dull headaches**, and tire easily. These are rather as warnings.

TREATMENT PLAN:

1. Radial appliance with gold
2. Electric vibrator

COMMENTS: Note glandular etiology involving adrenal glands and lack of adequate urea in blood.

140-36 FEMALE 27 5/17/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes the headache, and what may be done about it?** (A) **This is more of a retraction from POSITION of the body in the activity given same**. This will be relieved when the NORMALCY of position is assumed."

TREATMENT PLAN:

1. Osteopathic treatment

COMMENTS: The problem was in the position of the reproductive organs. A background report described the headaches as "severe."

5416-3 FEMALE 17 5/19/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes headache and vomiting?** (A) **Coming from the disorders as has just been given, as respecting the poor assimilation and the HEAVINESS of the blood supply.**

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Sarsaparilla Root, Prickly Ash Bark, Yellow Dock Root, Burdock Root, Elixir Calisaya, Balsam of Tolu
2. Diet – meats only fish or wild fowl, green vegetables at least once each day

COMMENTS: See previous readings.

5475-2 MALE 50 5/19/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **Why does body continue to suffer from headaches?** (A) **The incoordination of the nerve system in the ganglia along the cerebro-spinal**, and naturally produces the pressure.

TREATMENT PLAN:

1. Diet – nerve building
2. Osteopathic treatment

COMMENTS: See previous reading.

301-1 FEMALE 22 5/26/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... the DISORDER is FROM the repression as exists in **the 2nd LUMBAR plexus, FROM which the radial activity are to the functioning of the organs of the pelvis**, as WELL as reflexly to those of the upper portion of the system, or that **coordination as is made between the hypogastric and pneumogastric plexuses**. These coming from those in the region of the lower portion of system, and those from the UPPER portion where the plexus from **the 3rd and 4th cervical cause at times those depressions to the head, and the headache** and the dullness as is felt in throat, and as is felt in the sensory system."

TREATMENT PLAN:

1. Osteopathic manipulation
2. Diet – blood and nerve building
3. Keep in open air

COMMENTS: Note pelvic etiology with reflexes to head via hypogastric and pneumogastric.

4430-1 FEMALE 29 5/28/30

ETIOLOGY AND PATHOPHYSIOLOGY: "There has existed some distresses, first produced by a sublimation or an **impingement of centers in the cerebro-spinal system; that so hindered the impulse of nerve reaction in the false pelvis as to produce an adhesion**, and from same system attempting to alleviate produces too much of the white blood or cellular tissue as to form a **cyst on the organs of the pelvis**. This producing,

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then, the troublesome conditions arising in system from same. **Headaches**, nausea, painful menstruations at times, and the conditions as affect the digestive system - which are reflexes, all, from this condition."

TREATMENT PLAN:

1. Surgery, or
2. Osteopathic treatment

COMMENTS: Note pelvic etiology from spinal lesions. Here is the choice presented by Cayce: "These conditions, as we find, may be brought to a near normal through either of two methods. Operative - which would remove at once, yet there would be the necessity of the PREPARATION of the body for same, or same may take LONGER and be removed by some local treatments, as well as setting up of the drainages in system and by corrective measures through manipulations AND adjustments, and by the lights and by the drainages set up properly. To be sure, were the operative measures taken, these would NOT remove the causes of the first condition - unless there WERE received some of the manipulations.

2-14 MALE 49 6/16/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **AGGRAVATION of mental forces, DISTRAUGHTNESS often comes, producing headaches**, nervousness, and a continual reaction through the hypogastric, as to cause nausea, and the production of hydrochlorics in the stomach itself. These should be warnings for EVERY human: **Madness is certainly poison to the system.**"

TREATMENT PLAN:

1. Attitude adjustment
2. Radium lens for eyes
3. Electric vibrator along spine
4. Alkaline diet that is nerve and blood building

COMMENTS: Note psychological etiology in this case.

5475-3 MALE 50 6/16/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why is there no relief from headaches? (A) **There IS relief from headaches, except when worry comes!** (Q) Are treatments being given correctly? (A) So far as mechanical treatments, yes. So far as the MENTAL, and the treatments as in relation one to another, no!

TREATMENT PLAN:

1. Stop worrying or change environment

COMMENTS: Note psychological factor. See previous readings.

5490-1 FEMALE 31 6/19/30

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, as indicated, these are the centers from which the radiations come, and which cause those in the glands of digestion - or of the lacteal glands - those of repressions to certain **characters of foods, so that sugars and starches** as are assimilated become **excessive** to the system, and with the **ELIMINATIONS** hindered by the pressures, produce that of **the distress in the ASCENDING colon area, or in those of the conditions in the plexus in the lower portion of the abdomen.** This makes for those dizzinesses as occur to the body at times; **tendency of headaches to be rather those of swimming or dizziness;** and **BLURRY** for the eyes, in the vision. These are **reflexes, coming through the hypogastric and pneumogastric plexus**, from those lesions as given.

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance

3. Diet - not too much of starches or sugars

COMMENTS: Note reflexes from colon via hypogastric and pneumogastric to sensory system.

5527-1 FEMALE 45 6/24/30

ETIOLOGY AND PATHOPHYSIOLOGY: "**The headaches and dullness**, in feeling stretchy through the shoulders, with pains through the lower portion of the right shoulder blade at times, and up to the back of neck. These are **also reflexes from the pressure as produced in the ganglia of the lumbar and lower portion of the dorsal region.**"

TREATMENT PLAN:

1. Rest for several weeks
2. Osteopathic treatment using heat for correcting spinal lesions
3. Colonic irrigation
4. Sinusoidal therapy
5. Petrolagar
6. Diet - muscular and nerve building

COMMENTS: Note reflexes from lower dorsal and lumbar spine.

5621-1 FEMALE 22 6/26/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... for these conditions have to do with the nervous system, and of the CHARACTER of eliminations at periods in the system. Hence pressure exists that causes congestion, and prevents the organs of the system adjusting themselves to the general conditions as SHOULD be NORMAL for the body. This produces, then, as we find, that tendency of the distress periods becoming over exaggerated to such an extent that **the pains and the reactions become excruciating at times**, causing nausea, **headaches**, cramps, and the DIGESTIVE system becomes involved through those conditions ... The **pressures, as we find, exist in the coccyx, and also in the lower LUMBAR region**, with the natural reflexes as come from same to the upper portion of the body."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Tonic: Essence of Indian Turnip, Essence of Wild Ginseng, Essence of Ambrosia Weed (preferably prepared from green), Essence of SILKWEED

COMMENTS: Note headaches produced by pressures along lower spine.

451-1 FEMALE 21 7/30/30

ETIOLOGY AND PATHOPHYSIOLOGY: "In those FUNCTIONINGS OF THE ORGANS, we find these are very good, save as to the **POSITION of the stomach itself** proper, which tends to be LOWER than should, and unless there are corrections must gradually INCREASE the characterization of acidity of digestion and the activity of the hepatic circulation.... (Q) For **rheumatic headaches?** (A) **The character of eliminations and position of stomach.**"

TREATMENT PLAN:

1. Osteopathic treatment (4-6D)
2. Diet - nerve and blood building
3. Attitude adjustment

COMMENTS: Note abnormal stomach position which leads to poor eliminations.

5456-1 FEMALE 28 7/2/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... there may be a LOW blood pressure, with the **hepatic circulation taking on more of the blood and not SUFFICIENT being carried to extremities**, or to any exterior portion, and at such times there is

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coldness and clamminess in the extremities, **with dull headaches, pains across the right side, and the disorders producing that heaviness, dullness, bad taste in the mouth.** In OTHERS, we will find above normal in pressure, and quite a different alteration in the characterization of the blood supply.... IN THE NERVE SYSTEM - This, in part, may be called the seat or the cause of the trouble; yet it is more specific, even than that; rather the pressure IN the nerve system, and especially in the ganglia of the **12th dorsal and the 4th lumbar** are the effects in the cerebro-spinal seen; while the SYMPATHETICS, in the region of the **solar plexus and in the 5th cervical plexus, show their reflexes.** Hence this coldness as appears at the back of the neck, or just above the shoulder blades at times. This is the indication of **the deep circulation attempting to adjust itself to the pressures created in the lumbar and lower dorsal region.** The sympathetics being in accord, find their reactions in these centers."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Colonic irrigation
3. Alkaline diet

COMMENTS: Note vasomotor features produced by incoordination between deep and superficial circulation resulting from pressures in lower dorsal and lumbar spine. Digestive system problems with resulting poor eliminations were noted.

412-1 MALE 29 7/5/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What can be done to relieve headaches? (A) **Keep the system clearer, in the eliminations through alimentary canal.**"

TREATMENT PLAN:

1. Attitude adjustment – attunement with creative energies, not judging others
2. Diet – well balanced blood and nerve building diet
3. Radial appliance
4. Exercise

COMMENTS: The psychological aspect was also touched upon in this answer: "(Q) What causes pain on right side? (A) Tendency of the ascending colon to be choked; through WORRY, and disorders as related to the digestion – through that of NERVOUS INDIGESTION. The body wouldn't like to acknowledge that it was nervous, yet - INWARDLY - it's afraid!"

5491-1 MALE 40 7/8/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Will prescriptions just given relieve **headaches?** (A) Will relieve headaches. Will be necessary, to be sure, that the **alimentary canal** - and the relief necessary through the sluggishness as may be suspected in the improper circulation, improper digestion and assimilation – these would be acted through those of **the colonic forces, as to relieve the pressures through the system.**"

TREATMENT PLAN:

1. Suggestive therapeutics
2. Gold and Bromide of Soda solution
3. Compound: Muriated Iron, Gum Camphor, Sulfate of Morphia all made into pellets
4. Wet cell battery carrying silver nitrate
5. Diet – blood building with vegetable salts

COMMENTS: Note colonic etiology.

197-1 FEMALE 40 7/16/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the headache? (A) **This was as given, the pressure here - from the 9th dorsal, the 8th and 9th dorsal center - or from the lacteals, or the OVER ACIDITY** as produced by the

improper conditions in ASSIMILATIONS. We will find that the first change in the conditions, by the whole of the eliminations, will aid this condition."

TREATMENT PLAN:

1. Suggestive therapeutics
2. Alkaline diet
3. Russian white oil taken one day, Milk of Magnesia the next, Milk of Bismuth the next, Phenolax the next
4. Radial appliance
5. Electric vibrator

COMMENTS: Note spinal lesions and systemic hyperacidity.

5432-1 FEMALE 28 7/18/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the severe headaches in the back of head and neck? (A) **That same condition as has been given, through the hypogastric and pneumogastric plexus....** (Q) Is the trouble with my eyes due to a weakness of the eyes themselves, or caused by something else? (A) Due to that condition as has just been given, of the repressions in **the dorsal and lumbar region, makes for a SYMPATHETIC condition through the upper portion of the hypogastric plexus,** which causes those of improper leaving of refuse forces from the sympathetic, or of the sensory circulation. That makes for the burning, or for that condition as exists with the eye circulation. "

TREATMENT PLAN:

1. Chiropractic or osteopathic treatment

COMMENTS: Note effects of spinal lesions to head and sensory system via hypogastric and pneumogastric.

5411-1 FEMALE 34 7/29/30

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, here we find repressions as causes most of this disorder, for there having existed for some times back, in portions of the cerebro-spinal system, those of repressions, especially as is seen in the **lower dorsal and in the 4th lumbar, as WELL as in coccyx** end itself, those of repressions that cause for the **organs of pelvis** to show disorders ... Hence the conditions in the blood supply, and that in the nervous system, which makes for the **headaches,** which makes for those conditions in the digestive system, the activities in the hepatic circulation, and for the general debilitation of the body.

TREATMENT PLAN:

1. Osteopathic manipulations
2. Sinudoial therapy
3. Colonic irrigation
4. Alkaline diet

COMMENTS: Note spinal lesions with systemic effects.

428-1 FEMALE 46 8/1/30

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, we find many conditions show that portions of the system are, as it were, impoverished by this **disturbance in the circulation,** as well as by GENERAL conditions existent in the system, in various plexuses in the body; notably, those of the **9th dorsal area,** where at times there is seen the feeling of a heaviness, and at times as if a line around the body; this as a REPRESSION in the circulation. Also we find, after such conditions, there is the tendency of a **coldness along the shoulder area, with a little headache;** not so MUCH, except at times. These are indications, not causes - but the **result of the effluvia itself, through the intestinal system, produced by this disturbance in eliminations and formations of toxics in the system** that affect the nerve supply, as well as the blood supply.

TREATMENT PLAN:

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1. Tonic: Wild Cherry Bark, Syrup of Sarsaparilla, Tincture of Stillingia, Syrup of Rhubarb, Elixir Calisaya, Oil of Sassafras, Tincture of Capsici
2. Basic diet
3. Osteopathic manipulations
4. Mental and spiritual attunement

COMMENTS: Note circulatory imbalances related to spinal lesions and intestinal toxicity. A report with this file states that this woman, "was almost troubled with continual headaches."

5417-6 MALE 43 8/5/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Regarding the physical, **what causes headaches?** (A) **The condition in the digestive system, as has been suggested. Too much acid!**"

TREATMENT PLAN:

1. Alkaline diet

COMMENTS: This was a business reading with question about headaches.

5420-2 MALE 44 8/11/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... the system - mesenteric system - has become so clogged with poisons, and with that of toxics from the system, as to have pressure, especially along the diaphragm line, where an unequaled circulation is produced by this gradual pressure produced in system. Lower limbs become especially tired, and languidness and distress is the result, with - of mornings - an uneasy headache, yet when activities on feet these at times disappear, at others become more centralized along the base of the brain and through the shoulders.... (Q) Why flushes around face? (A) The circulation, as has been indicated, from pressure that comes from the toxic forces in system, as cause the flushes of blood through improper distribution."

TREATMENT PLAN:

1. Osteopathic treatment
2. Colonic irrigation
3. Spinal massage after cold shower

COMMENTS: Note vasomotor effects of systemic toxicity (flushes around face). Also note psychosomatic aspect: "(Q) What is the matter with body? (A) Hardheadedness, most!"

4530-1 MALE 39 8/12/30

ETIOLOGY AND PATHOPHYSIOLOGY: "The pressures being in the region of the solar plexus, or the lower portion of same, and in the lumbar region, make for the disorders as have to do with the digestive system, the eliminating system, the conditions as exist in the blood supply, the headaches, those conditions as make for pressures reflexly in the sensory system - so that the organs of same become at times accentuated in their actions, as the body is able to hear better at some times than others; at others we find the vision gives disorders; again we will find the throat and bronchi will give some distress, more as burning sensations; then, again, as of phlegm, not from just cold, but seemingly as result from pressures in the bronchi, or from the stomach, and from the upper portion of the left lung. These are more of a REFLEX than of the causes, for as given - the causes are pressures and impingements as exist in the 8th, 9th and 10th dorsal, and in the 3rd and 4th lumbar plexus."

TREATMENT PLAN:

1. Osteopathic treatment
2. Violet ray

COMMENTS: Note reflexes to sensory system. Also note reasoning for osteopathic rather than chiropractic treatment: "(Q) Should this be done osteopathically or chiropractically? (A) Should be done, as we find, osteopathically; for with the

corrections there must be sufficient of the manipulation to make coordination in the CIRCULATORY, as well as in the muscular and nervous systems, so that the general treatment for those radial centers from the solar plexus to head, from solar plexus to lumbar and sacral region, these must have their proper COORDINATING, as well as JUST removing pressure in those conditions, or from those conditions in dorsal and lumbar region."

2360-1 MALE 37 8/15/30

ETIOLOGY AND PATHOPHYSIOLOGY: "In the digestive system, here we find a great deal of the trouble ... **for hurried eating, improper digestion, laboring mentally and physically with food undigested**, has made for conditions in duodenum and in ascending colon that cause the greater portion of the distress, and the adhesions and disturbance in the caecum and ascending colon - and the distress throughout the mesenteric system - is that which gives most of the disorder and the distress in the body at present, with that tendency of a CHARACTER of acidity that makes for too much of the resistance being used, with too little of the resistance being builded. In the liver and the hepatic circulation, this naturally - under the temperature, the destruction of red blood cells in spleen, the enlivening of same, makes for those conditions in the very bone itself of body; becoming achey, tired, dull, in the joints, in the extremities, through the torso of the body; headaches, with bad tastes in the mouth.

TREATMENT PLAN:

1. Stop worrying
2. Take a vacation and relax
3. Osteopathic manipulation
4. Colonic irrigation
5. Alkaline diet
6. Sinusoidal treatment

COMMENTS: Note effects of eating under stress with systemic effects via digestive system, especially liver.

5445-1 MALE 37 8/18/30

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY - We find there are evidences of pus forming within the system. The character or the nature of same produces the greater distress with the digestive system ... This makes for the DIGESTION being disturbed. The tendency of constipation, and of a colonic condition, that makes for a disturbance with the circulation. Dull headaches, pains through the eyes, the base of brain - rather that of dullness; shoulders, under the shoulder blades, aching - and an uneasiness, almost as a line, around the diaphragm region, or high waist line.

TREATMENT PLAN:

1. Osteopathic treatment
2. Colonic irrigation
3. Inhalant for lungs
4. Calcidin for asthma
5. Expectorent: Wild Cherry Bark, Simple syrup, Grain Alcohol, Syrup of Rhubarb, Syrup of Ipecac, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici

COMMENTS: Note that systemic toxicity produced dull headaches. Upper dorsal spinal lesions were also noted producing an asthmatic condition.

5553-1 MALE 32 8/20/30

ETIOLOGY AND PATHOPHYSIOLOGY: "In the organs of the sensory system, as seen from the indications to the lymph in the system, the throat, the nasal cavities, and all, suffer under stress of too ABUNDANT lymph circulation. This makes for that of the hepatics' distress, THROUGH the lachrymal and

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lacteals, those conditions as has been seen.... We will find, too, that the **use of the eye appliance from the violet ray will aid the vision, relieve the headache**, and the strain on the nerve system - especially in the head."

TREATMENT PLAN:

1. Tonic: Garden Sage, Ragweed, Gordon Gin, Simple Syrup, Beet Sugar, Ambergris, Oil of Sassafras, Cinnamon
2. Osteopathic treatment (2-4L)
3. Violet ray treatment to eyes

COMMENTS: Here is a fascinating discourse on the eliminating systems of the body, especially with regard to the lachrymal ducts and lymphatic circulation mentioned in this reading: "(Q) Is the condition in the hands the same as on other parts of the body? (A) Produced from the same character of poisons in the system, as is indicated from the blood supply and disturbance in the lymphatic circulation. THIS is as conditions exist in a NORMAL body: When eliminations are carried on, the greater portion of poisons are carried through the alimentary canal. Also the kidneys eliminate certain poisons from the system, as the circulation passes through same. The respiratory system also, through THEIR functioning, throws off a portion of the poison. Again we have eliminations through those of the gases of thrown off in the lungs. In a disturbance as indicated here, through those of the lacteals and lachrymal ducts - the ducts and glands - the lachrymal those as of that PRODUCING the water in system in the exterior portion, called sweat, or tears, or perspiration, or respiration. Those of the lacteals care for the portions where fat or starch are cared for in the system. These disturbances originate from those conditions as exist in the lower LUMBAR region - 4th and 2nd lumbar. By these pressures, and by the activities of the system, the system has gradually turned to ELIMINATING poisons through the RESPIRATORY system, or through the perspiratory system, as SHOULD be eliminated through kidneys and alimentary canal. Just to give an emit, or any active forces that disturb the juices of the intestinal system, or as a cathartic, is only to produce irritation without relieving the cause. NOW - that as is given is to act as a cleanser for the system, exercising the functioning of the spleen, the pancreas, the liver, the duodenum. The functioning of those of the gin, with that of the kidneys, as to make coordination in the hepatic circulation; while those of the manipulation and corrections will COORDINATE the eliminating systems."

5560-1 MALE 57 8/28/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... the condition is the result of the poor eliminations as have existed, and as do exist in the physical forces of the body, especially as is related to the liver and the effect the **poisons as have accumulated in system** bring upon the physical organism; especially as to muscular forces, nerve centers and tendons through the locomotories, and through a portion of the side itself. This, as we find, began first in a **form of malaria** as attacked the system, and the result was of a slow fever that the body had, but did not give in, succumb, or pay as much attention to the conditions as the body should have.... With this change as came about, we had then that of the tendencies as from inflammation through the colon, especially - and the kidneys and the bladder not carrying off as MUCH of the refuses, or of the poisons from the system, these tended to be taken up again in the circulation ... As is seen, the appetite, the excretions from nose, throat, bronchials; **the eyes burn, headaches, heavy feet** - and the pain along the side, especially that of the left side; this coming more from that of **the indigestion, and of the effect as produced in the colon itself."**

TREATMENT PLAN:

1. Fume baths with Epsom Salts

2. Castor oil packs over liver
3. Colonic irrigation
4. Diet - predigested foods
5. Toris compound with spirits frumenti and simple syrup with syrup of horehound added to each solution
6. Osteopathic manipulation

COMMENTS: Note after-effects of malaria in producing digestive dysfunction and systemic toxicity.

261-1 MALE 42 9/5/30

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been, as we find, a breaking down of cells in the system, especially as related to specific centers in cerebrospinal system as related to a portion of the **stomach** proper and its activity; so that, with the lack of the incentive as comes from the reactions of the nerve and muscular forces in the act of **rotation in digestion - this becoming dormant** ... This has produced that as may be termed properly, not as **ulcers, not as lacerations, not even as conditions as may be produced or caused as a rash or improper circulation, but more as a CAKE or HARDENED condition**. THIS is the seat or the cause of conditions. In the effects as these have produced in the system, we find at times those of the **headaches**, those to the eyes, those conditions as exist in throat and in those activities of the respiratory system; so that the alternations as seen in heart's action come from those reflexes as come from the changes as seen in the circulatory system."

TREATMENT PLAN:

1. Colonic irrigations
2. Yellow saffron tea and slippery elm bark water
3. Sinusoidal treatment
4. Osteopathic treatment (4-7D and general drainages)
5. Castoria
6. Alkaline diet
7. General exercise

COMMENTS: Note gastric etiology with reflexes to head. A background report indicated, "... continued headaches following a previous attack of ptomaine."

209-1 FEMALE 42 10/18/30

ETIOLOGY AND PATHOPHYSIOLOGY: "From the very nature of the irritations in the nerve system and in the organs of the pelvis, and in the portion of the **pelvis cavity** itself, these produce a tendency for a reduction in the numbers of resistive forces and an acumen towards that of producing a **CHARACTER of anemia**.... In the effect this creates in the blood supply, a tendency of a TREMBLY nature - rather than of an exciting character. **Dull headaches, from the cutting off of the blood supply through its nominal flowing channel to the head**, or to and from the extremities of the body.

TREATMENT PLAN:

1. Fume baths with witchhazel
2. Tonic: Oil of Juniper, Sweet Spirits of Nitre, Rectified Oil of Turp, Lacted Pepsin
3. Clary water
4. Ultra-violet ray
5. Alkaline diet that is blood and nerve building
6. Rest

COMMENTS: Note vasomotor activity produced by nerve reflexes from pelvic area.

146-1 MALE 13 10/23/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... there has existed a pressure in the body from the time of presentation - for there was a **breach presentation, and in the turn there was**

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made a pressure, which has an effect at periods upon the coordination of impulses and activities.... Now, coordination of the **digestive system** acts at times with same; so, FOLLOWING same, **nausea at times occurs, as do headaches, dullness of vision** - not of mind, but vision, and thickness of speech."

TREATMENT PLAN:

1. Pain iodide salt taken in capsules
2. Mayblossom Bitters with Tincture of Ginseng

COMMENTS: This boy could not talk and suffered from seizure disorder as an after-effect of breach birth. Note reflexes from digestive system to head and sensory system producing headaches.

5465-1 FEMALE ADULT 11/6/30

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, come much from **over medication** in the unbalanced condition existent in the functioning of organs in the system, until there is produced the **acidity in a nature as destroys gastric forces in the digestive system**, producing those of lacerations in same and a condition bordering on that of what might be termed a raw, but not ulcerated – an inflammatory, but not even LACERATED except in places, in the digestive organ itself.... In the effects, also we find **improper eliminations through the alimentary canal, hyperacidity in the blood supply**, and unbalanced condition in the lower hepatic circulation, or kidneys and bladder are inflamed from same. **Nausea, unsteadiness on feet, headaches - especially through the eyes and temples** - and the tendency of an acid that makes for destruction of the beginning of digestive forces, or even the salivary glands themselves - as throat and mouth - show irritation. The walls of the oesophagus itself burn, as does the throat, bronchi, and entrance to the lungs.

TREATMENT PLAN:

1. Limewater and cinnamon water and half carbonated water
2. Alternate Milk of Magnesia and Milk of Bismuth
3. Osteopathic manipulation
4. Plain wet cell
5. Alkaline diet
6. Antiseptic enemas

COMMENTS: Note gastric hyperacidity and inflammation produced as after-effect of medication.

1001-12 MALE 23 11/10/30

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What is the cause of the headaches body is frequented with? How can same be eliminated? (A) Keep better hours!**"

TREATMENT PLAN:

1. Osteopathic treatment
2. Mayblossom bitters
3. Lifestyle changes

COMMENTS: "Do not think that if the body desires to become nominally balanced that it can fly around as others who are spending their life in the burning of both ends of the candle! for even in one **PHYSICALLY FIT**, and without a purpose, this would be harmful. The body has purposes, - faint, but may be fanned into worth while conditions. Why not make the body worth something, as well as be just - so-so?" This man had epilepsy and was not following Cayce's treatment plan. See other readings in this series.

5446-1 FEMALE 56 11/28/30

ETIOLOGY AND PATHOPHYSIOLOGY: "These pressures, as we find, exist in **the last of the dorsal and in the lumbar region, and are of the circulatory or circular nature**. Resultant or sympathetic lesions exist in the secondary cardiac

centers, as well as in the central nerve plexus, from 5th to 3rd cervical centers; these being rather lateral than circulatory in their nature.... In the ORGANS, then, **the liver is engorged - as is the spleen**, with an acidity in body and in the digestive system, with an increase of the amount of lymph in throat, bronchi and soft tissue of face, irritations at times to the capillary circulation - in spots, and hot and cold centers indicated in the extremities.

Feet be cold and hands warm, or vice versa - with headaches of an indeterminate nature, with nausea, and little or no digestion - and the appetite failing, and at other times above normal.

TREATMENT PLAN:

1. Rest
2. Salt packs or sitz salt baths with rubdown afterwards
3. Wet heat before manipulations
4. Ultra-violet ray treatment alternated with infra-red therapy
5. Colonic irrigation followed by drinking Pluto water

COMMENTS: Note unbalanced circulation due to spinal lesions and reflexes.

5516-1 MALE 38 11/29/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... the physical forces of the body are from **strain under which the body has labored, both mentally and physically**, and with the taxation of the system in a physical and mental manner ... There is also produced in the **digestive system** a lack of the proper coordinating forces in the gastric juices of the stomach, so that an excess of the acidity is produced, until we have a torpidity in liver secretions, as far as both the excretory and secretive forces necessary for proper eliminations and proper distribution of forces in the body. These are natural, to produce their **reflex forces in the nervous forces** of the body, producing **those pains as had in the extremities, as into the fingers, or the joints in the limbs, hips, and the headaches** as occur from same; as well as reflex forces to the sensory organism, which produces those irritations in eyes, ears, nose, throat, and to the feelings of the body."

TREATMENT PLAN:

1. Tonic: Dried Sage, Beet Sugar, Gordon Gin, Essence of Ginseng, Ambergris, Cinnamon
 2. Osteopathic drainages
 3. Diet – beware of meats except wild game, body building foods
- COMMENTS:** This is a case of general debilitation produced by stress and strain.

203-1 MALE CHILD 12/1/30

ETIOLOGY AND PATHOPHYSIOLOGY: "... **intestinal WORMS that are HINDERING the system in its activity, and produce nausea, debilitation, headaches ...**"

TREATMENT PLAN:

1. Compound: Podophyllin, Calomel, Senna, Santonin
2. Castoria
3. Osteopathic manipulations
4. Diet – beware of sweets for some time

COMMENTS: Note purgative for intestinal worms.

5559-1 FEMALE 37 12/2/30

ETIOLOGY AND PATHOPHYSIOLOGY: "These conditions, as we find, are indicated by the pressures as are seen in the system, and the resultant conditions arising from same - as the uneasiness and bearing down pains as come from the periods, as from the tired achey feeling from standing on feet or sitting in one position, the **conditions in the head, or headaches** as come; the rest being broken; the tendency to feel more tired when awakening than when lying down to rest - these are but

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indications of disturbances... the nerves' reaction and the reflexes to many portions of the system indicate those disturbances as exist in **the pelvic organs**, and the disorders as are created in the lower circulation from same, as well as **the disturbances as come to the organs of digestion.**"

TREATMENT PLAN:

1. Tonic: Garden Sage, Simple Syrup, Gordon Gin, Ambergis, Cinnamon, Tincture of Stillingia, Wild Ginseng
2. Osteopathic treatment for pelvic condition
3. Hemorrhoid exercise and ointment

COMMENTS: Note pelvic etiology. The actions of the tonic ingredients were given: "The properties as given in this compound - the Sage is for the activity of the lobular forces of system; the Juniper or Gin as an active principle for the kidneys in their clarification; and the stimuli - both in the Stillingia and in the alcohol content, WITH the Ambergis - for the gastric forces of the intestines and stomach. These, with the manipulations as will correct those pressures in lumbar and dorsal, make for a normal reaction in body."

1377-6 FEMALE 65 12/8/30

ETIOLOGY AND PATHOPHYSIOLOGY: "These are ACUTE conditions arising from nerve reaction, as well as an **improper coordination of ELIMINATIONS** in system. The indications are also seen in the acute or sharp pains as occur in the spinal column itself, centering at times in the **dull, mean headaches** as come from the disorders **from toxic poisons resultant from the poor elimination**, and naturally - picked up in the circulation - leaves pressures in any of the axis, or producing stiffness in joint, muscle, and portions of the body.

TREATMENT PLAN:

1. Osteopathic massage with Russian White Oil, Oil of Cedar, Oil of Mustard, Spirits of Camphor
2. Colonic irrigations
3. Basic diet

COMMENTS: Note dull headaches produced by systemic toxicity. A background report contained these questions: "What makes the terrible headaches at base of brain which usually begin towards morning? What causes a pain which goes like lightning from the bottom of my spine to base of brain?"

4091-1 FEMALE 15 12/9/30

ETIOLOGY AND PATHOPHYSIOLOGY: "his, as we find, comes from specific conditions existent in the cerebro-spinal centers, namely: Those in **the end of the coccyx itself; those in the lower portion of the dorsal area, at its junction with the lumbar area.** These produce that disturbance as makes for irritability at times; as makes for that condition as respecting those of the periods, that should be - and comes in the system - as **affect the organs of the pelvis; as affects at times those of the headaches and the eyes;** as affects in others those of the pains across the diaphragm region of the body. These are reflexes; **these to the head are reflex;** those to the forces as makes for irritability are reflex. The greater disorder is in the lower end of coccyx, SYMPATHETICALLY that of a circular or circulatory lesion in the 12th dorsal and 1st lumbar area.

TREATMENT PLAN:

1. Violet ray
2. Osteopathic manipulations
3. Radial appliance
4. Diet - nerve and blood building

COMMENTS: Note effects of spinal lesions to pelvis and head.

5686-1 FEMALE 57 1/3/31

ETIOLOGY AND PATHOPHYSIOLOGY: "Sensory disorders, from pressures in soft tissue in face, antrum, and in the soft portions - these are a source of **infectious conditions.** These, in their attempts at times bring to the system those **headaches, and the debilitation to the eyes, throat, and the general debilitation to the sensory system.**

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic manipulations
3. Sinusoidal treatment
4. Alkaline diet

COMMENTS: Note infectious etiology. Abnormal stomach position was also cited in this reading as contributing to systemic toxicity.

4172-1 FEMALE 24 1/8/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... those conditions existent in the nervous system that cause the periodical depressions that come from functioning organs that are governed most through the nervous system. Hence those conditions that bring for distresses in **headaches ...** In the digestive system proper, through reflex forces, we find disorders in the lacteals - that is, in the assimilation of those of the protein nature, especially. These produce, as it were, a regurgitation through the activity of the duodenum in itself to act upon foods that are taken into the system, and an **excess of acid that results from same produces those conditions in head,** aided also by the pressure existent in the lumbar and sacral region. Here we find directly the causes of the conditions existent from those forces seen in the pelvic organs, by pressure existent in the lower dorsal, sacral, and in coccyx region. These producing a pressure, make for those distresses throughout the periods that make for an elimination in these portions of the system... In the specific conditions that exist, or **where lesions will be found - those of the circulatory nature, or in the circulation, in the coccyx - as will be seen in the 2nd and 3rd, from the end of the coccyx.** Not a lesion in the nature of a circulatory that makes pressures, other than sympathetically. Hence the pains as felt at times across lower portion of the back itself, lower into the sacral region, extending at times along the under portion of the limbs themselves. **A greater lesion in the lower sacral and lower dorsal ... (Q) What causes me to have hot flushes around my head? (A) The pressures in the pelvic regions and the disturbed circulation,** as has been outlined."

TREATMENT PLAN:

1. Osteopathic manipulation
2. Sinusoidal treatment
3. Alkaline diet
4. Citricarbonates or Occy-Crystine laxative
5. Calcidin

COMMENTS: Note effects of spinal lesion to digestive and pelvic systems with vasomotor features.

957-3 MALE 54 1/14/31

ETIOLOGY AND PATHOPHYSIOLOGY: "The conditions as seen in **the digestive system, which have produced that tendency of pains - or of a rumbling headache,** and of those disorders in the alimentary canal as pertaining to the conditions in the eliminating channels of body ... (Q) **How can the nightly headaches be cured?** (A) Remove the pressure that causes them!"

TREATMENT PLAN:

1. Deep osteopathic manipulation for better eliminations
2. Cleansing diet of fruits and vegetables

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3. Glyco-Thymoline taken orally
4. Charcoal tablets
5. Colonic irrigation

COMMENTS: Note nocturnal headaches produced from digestive system.

5544-1 MALE 47 1/15/31

ETIOLOGY AND PATHOPHYSIOLOGY: "These conditions, as we find, are produced by that of improper diet - or **disregarding of the diet; also by lesions** that are indicated in the upper cervical regions and in the dorsal region. These being the conditions existent, coordinate - or coordinating one with the other. **Super-acidity is a result; tendency of dyspepsia, indigestion, headaches, pains in the eyes,** heaviness in feet, perspiring feet, melancholia, sleeplessness ...

TREATMENT PLAN:

1. Osteopathic treatment
2. Violet ray
3. Mild antiseptic eye wash
4. Colonic irrigation
5. Hemorrhoid ointment
6. Alkaline diet
7. Keep positive mental attitude

COMMENTS: Note effects of improper diet on digestive system producing "super-acidity" in the system. Also note effects to sensory system, particularly eyes as noted by this explanation of toxins carried to the eyes: "This is a form of toxin in the system that makes for a character of filament that becomes an obstruction in the vision. This may become acute, or becoming centralized or localized may produce growths of a nature either as to obstruct vision or attack the lachrymal ducts (as it does at times), producing granulation, or becoming more acute or centralized attack that of the optic nerves themselves, filling up also the ducts in the throat and head in a manner as to produce disorders in the soft tissue, or in the soft structural portion, and thus produce a condition of disorder that might become permanent."

1083-1 FEMALE 39 1/16/31

ETIOLOGY AND PATHOPHYSIOLOGY: "The greater part of the disorder in the beginning was the **improper and poor elimination**. First we had those conditions as of dyspepsia, or a tendency of belching the foods, and super-acidity, with engorgements in the stomach and duodenum. Later we found the tendency of stiffness in extremities, pains in the side, **headaches**, and then there were seen those disorders that had to do with the obstructions in the sensory system, particularly towards those conditions in the eyes proper."

TREATMENT PLAN:

1. Patience and persistence
 2. Tonic: Wild Cherry Bark, Sarsaparilla Root, Dogwood Bark, Prickly Ash Bark, Cincho Bark, Balsam of Tolu
 3. Colonic irrigation
 4. Sweat bath and massage
 5. Violet ray
 6. Diet – citrus, nuts, raw vegetables, little meat
- COMMENTS:** Note poor elimination and super-acidity affecting eyes and producing headaches.

264-11 FEMALE 40 1/18/31

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Give cause and treatments for **headaches**. (A) **MOST is from worry! When those pressures are relieved, though, in the upper dorsal, this will relieve much of the stress in head.**"

TREATMENT PLAN:

1. Mullein stupes
2. Massage and manipulation
3. Violet ray
4. Medicated ash
5. Attitude of attunement and don't worry

COMMENTS: Note dual etiology of worry and pressures in upper dorsal.

1192-3 FEMALE 37 1/21/31

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes **headaches and pains in eyes?** (A) **Sour stomach.**"

TREATMENT PLAN:

1. Attitude adjustment – speak kindly of everyone and hold to ideal
2. Lactated pepsin
3. Petrolagar
4. Milk of Bismuth
5. Sweat bath and massage
6. Balanced diet

COMMENTS: Note sour stomach and sour attitude. "Hate, discontent, the speaking of unkind words, only breeds in a sensitive ideal that of poison, even for a physical body."

4675-1 MALE 24 1/26/31

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVOUS SYSTEM, here, as seen, exist specific conditions that cause some disorders, some of these being of a reflex nature and others being of direct causes, as is seen from that existent in the **5th, 4th and 6th dorsal**, a pressure that adds to or aids in that disorder in the **digestive system**; while those pressures that exist in the **4th and 5th cervical give directly - WITH that reflex FROM the digestive system - those disorders to the head, as for the headaches**, as for the eyes, as for the throat, as seen at times in their various effects from the variations in the conditions.... (Q) What is the **cause of the headaches, sleeping on the right side?** (A) The pressure that is created in the lacteal area."

TREATMENT PLAN:

1. Alkaline diet
2. Spinal adjustments

COMMENTS: Note patterns of reflex – from middorsal to digestive system combined with direct reflex from cervicals to produce headaches. Note nocturnal headaches from sleeping on right side.

4452-1 MALE 20 1/28/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... for when the disturbances so affect nerve centers as to cause tautness in the upper plexuses - especially those from the diaphragm region upward - we find they contribute to the disorder, affecting the **bronchi, the throat, the nasal cavities, even the soft tissue in face, in these portions where the circulation - being over abundant or slow in its activity - leaves more of drosses in system**. Hence in this manner contributing to the disorders. These may be seen more specific in the **4th and 5th dorsal plexus and in the 5th and 3rd cervical plexus**. IN THE FUNCTIONING OF ORGANS THEMSELVES, brain forces are very good, save when there is - as it were - a **disturbance to the circulation, as to make circulation through brain forces** not as normal as normally. This leaves a **dullness**, an incapacitated force - as of sleeplessness; at other periods as if the body drugged, and the tendency towards dormancy.... **when toxic forces and torpidity of liver from same force the circulation - we have the resultant effect of congestion in head, with headaches - especially from the top of ear upward, through**

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the eye, in the nasal cavity - the jaws even themselves at times aching across the antrum region. These are as a RESULT of the disturbance in the CIRCULATION, and a COUNTER-irritation in nerve plexus."

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic or chiropractic adjustments
3. Glyco-Thymoline as anseptic inhalant

COMMENTS: Note effects of torpid liver on circulation to head and sensory system producing dullness due to drosses left in soft tissues. Liver dysfunction was often cited in the readings as a cause of sinus problems, etc.

2124-1 MALE 53 1/29/31

ETIOLOGY AND PATHOPHYSIOLOGY: "In the head forces or portions there have existed disorders which have produced some distress in the **soft tissue in the face** and muscular forces; in the burning sensation produced in throat from inflammation; some **headaches** as RESULTANT from same; again an **accumulation of poisons**... an **unbalancing of the hypogastric forces** or the gastric forces in the system itself, WITH a **pressure on the hypogastric plexus** (that's between the shoulders and to the neck and base of head, running to the pit of the stomach itself), when gasses form at times in the body. When such conditions occur, as we find, then the **torpidity, the excessiveness in the functioning of the liver**, the cold hepatic circulation, shows for **repressions as for eliminations**, and the excretory forces of same becoming dormant the secretions are improper, so the liver becomes involved more in the general forces of the body..."

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Syrup of Sarsaparilla, Elixir Calisaya, Oil of Sassafras, Tincture of Stillingia, Syrup of Rhubarb, Balsam of Tolu
2. Basic diet
3. Specific exercises
4. Positive attitude

COMMENTS: Note poor eliminations and cold hepatic circulation with pressure pressure on hypogastric nerve.

5699-1 FEMALE ADULT 2/11/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **circulation**, have **been hindered**; especially as that as related to eliminations from portions of the system, as to cause to exist - from **this improper elimination - those conditions in the soft tissue of the face, the nostril**. The pressure and the distress that is caused in same makes for those accumulations that hinder in the vision, and in the active forces of the sensory system. The pressure, then, as we find, that has produced this, lies in the **upper dorsal area and through the whole cervical area**. FIRST, in times back, we had - as it were - pains occasionally through the body under the right shoulder blade. Then, as these were relieved, **headaches ensued, with acute pains at times in the neck and head, just at the base of brain.**"

TREATMENT PLAN:

1. Local treatment of antrum with fish oil
2. Dental work
3. Osteopathic treatment with drainage of gall bladder
4. Tonic: Wild Cherry Bark, Sarsaparilla Root, Dogwood Bark, Prickly Ash Bark, Cincho Bark, Buchu Leaves, Mandrake Root, Balsam of Tolu

COMMENTS: Note poor circulation (vasomotor) to face with toxic accumulations produced by spinal reflexes from upper dorsal and cervical.

4982-1 FEMALE ADULT 3/11/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... these aches and **pains and headaches** that occur, and that come from this disorder where there have been **pressures through this area in the lower hepatic circulation.**"

TREATMENT PLAN:

1. Alkaline diet
2. Castor oil packs over liver
3. Epsom salts packs over lower abdomen
4. Manipulations for drainages through alimentary canal
5. Olive oil taken internally and olive oil injection into colon
6. Exercise in open

COMMENTS: Note abdominal pains from liver and kidneys with two forms of packs.

629-1 FEMALE ADULT 3/13/31

ETIOLOGY AND PATHOPHYSIOLOGY: "These, we find, are from DIFFERENT causes, or a combination of causes or disorders. Some from the very nature of condition and period affect directly the nervous system, through pressures and undue activities that are caused from the **pressures in the lumbar and lower dorsal region**. Others, we find an **accumulation from the effects of cold and congestion and the manner in which this has affected the eliminating system**; so that the **poisons or accumulations in same produce toxic forces**, affecting the assimilating and eliminating forces of the body. The **liver and the spleen become involved** in this. Hence we find as these effects from these conditions: **Dull headaches of mornings**, tendency of evenings (if on the feet very much) for swelling in the lower limbs, and accumulations that make for acute pains in locomotion or in muscular forces of the system; nausea in the afternoon, or tendency of a heaviness in the stomach ...

TREATMENT PLAN:

1. Tonic: Elixir of Calisaya, Syrup or Oil of Sassafras, Tincture of Valerian, Iodide Potassium, Bromide Potassium, Tincture of Capsici
2. Tonic: Wild Cherry Bark, Compound Syrup of Sarsaparilla, Dried or Powdered Podophyllum, Tincture of Buchu Leaves, Tincture or Essence of Wild Ginger, Balsam of Tolu
3. Diet - easily assimilated and nerve building
4. High enemas and douches
5. Sweat baths

COMMENTS: Note dual etiology - spinal pressures and after-effects of cold and congestion. Also note dull morning headaches from poor eliminations with liver involvement. Note two tonics: one more a sedative and the other to cleanse blood and increase eliminations.

5686-2 FEMALE 57 3/22/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **eliminations to become clogged** in directions especially as related to the **liver** and to those PORTIONS of the body where ACCUMULATIONS gather in the system; as here, in this PARTICULAR period, where we find those that are detrimental in the lacteals, for congestion there prevents the proper assimilation, that would make for rebuilding, and makes for the tendency of the ACUTE pains at times through this REGION of the system, as well as a **dull headache, with a metallic taste in the mouth**. These make for heaviness in the lower portion of the locomotary system also."

TREATMENT PLAN:

1. Alternate hot Epsom salt packs (over kidneys and spleen) and castor oil packs over liver
2. Radium pad
3. Osteopathic manipulations for drainage

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4. Tonic: Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici
COMMENTS: Take the tonic "... when necessary; that is, when the body feels nervous or irritated, or pains in the system, or headaches, or dryness through the throat, or pains in the side, or stomach, or lower abdomen ..." Note dull headache and metallic taste in mouth with liver dysfunction.

5449-4 FEMALE ADULT 3/23/31

ETIOLOGY AND PATHOPHYSIOLOGY: "Some conditions show a reaction from the lack of the proper precautions as respecting the eliminations."

TREATMENT PLAN:

1. Osteopathic manipulations with drainage of gall bladder
2. Violet ray
3. Diet for improved eliminations

COMMENTS: "(Q) How can severe headaches be eliminated? (A) Do what we have given! Try that for ONCE and see how it works!" See previous readings.

347-1 FEMALE 57 3/25/31

(Proprietress of a "Scientific Food Shop")

ETIOLOGY AND PATHOPHYSIOLOGY: " There are existent in the **lower lumbar, and in the lower dorsal** - as well as sympathetic conditions in the **upper dorsal** - those pressures that have made tendencies in the functioning conditions of organs.... We find the **eliminations as related to both the kidneys and the alimentary canal rather irregular**, with a tendency of highly colored urine at times; tendency of the swelling of joints, lower limbs, if exercised often. Pains in the shoulders and arms at times, and pains through a portion of the body just above the diaphragm, as well as along the lower part of the right side and across the back; the inflammation in the throat and bronchi at times; the eyes fail to function normally, and those conditions in the nasal cavity or passages become accentuated through the **non-eliminations** through these portions of the system; the eyes as if sandy at times, or misty. **Pains through the temple and between the eyes; dull headaches at times;** nausea soon of mornings; tendency of rising of phlegm."

TREATMENT PLAN:

1. Osteopathic EENT specialist for local treatment and correction of spinal lesions
2. Laxative
3. Colonic irrigations
4. Basic diet
5. Radium appliance

COMMENTS: Note spinal lesions, poor eliminations with resultant dull headaches.

116-2 FEMALE ADULT 3/31/31

ETIOLOGY AND PATHOPHYSIOLOGY: "There has existed for some time back those pressures in the cerebro-spinal nervous system, or - to be specific, as given - in the **upper dorsal and throughout the cervical region** - impingements in the plexus and centers from cerebro-spinal nerve system. THROUGH the ganglia the pressures exist.... system, from the pressures existent in the **3rd and 4th dorsal area, that make for the secondary cardiac reflexes** - NO organic heart disorder. This makes for **smothering spells, pains in head, to the base of brain, to the sides of the head ...**"

TREATMENT PLAN:

1. Ultra-violet therapy and activated ash
2. Osteopathic manipulations

COMMENTS: See previous reading.

658-1 FEMALE 60 4/15/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... there should be precautions taken as respecting those of the eliminations ..."

TREATMENT PLAN:

1. Be mindful of diet
2. Specific exercises
3. Citrus diet with vegetable laxatives

COMMENTS: **Here are instructions for exercises:** "... in the exercises - the head and neck exercise is taken, especially in the mornings, that the body may gain its full equilibrium, removing the strain on the head, the neck, allowing the circulation through those portions of the body that clarification may take place. Of evenings, when retiring, those exercises of the lower portions of body - in circular motion, in stooping, in bending - these **will reduce those pressures that at times cause a nervous or mean, or little headaches and dizziness that comes to the system;** keeping the alimentary canal in an even manner, with full eliminations, not overtaxing any portion of the system."

3843-1 FEMALE ADULT 4/18/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... this disorder being caused by toxic forces from congestion that is produced in the eliminating system from **constipation** - as makes for those **toxic forces** in the system. These also bring about those **pressures in the sympathetic system**, so that eyes, ears, are at times disturbed through irritation, red lids, roaring in head, and **headaches** at times."

TREATMENT PLAN:

1. Osteopathic treatment for drainages through whole system
2. Colonic irrigation
3. Diet - citrus breakfast, vegetable lunch, fish or fowl and vegetables for dinner

COMMENTS: Note constipation and effects of systemic toxicity.

348-13 MALE 47 4/20/31

ETIOLOGY AND PATHOPHYSIOLOGY: "While there are no indications of **ulcerations, lacerations**, or such, there ARE the indications of the excess amount of that created that forms **the lining or portions of the intestinal system** as for peristaltic movement. This isn't well, for it makes the body tire easily - and with cold, or **with any exterior exercise above excess makes for headache**, heaviness in feet, tendency for filling in throat and chest, and a general achey feeling over the body."

TREATMENT PLAN:

1. Compound: Alum Root, Indian Turnip, Wild Ginseng
2. Diet - roughage
3. Vegetable laxative

COMMENTS: Note intestinal etiology for headaches.

768-1 FEMALE 15 5/16/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... a condition existent in the cerebro-spinal system, especially in the **coccyx** end of spine, where there is a tendency for a curvature; that is, more than normal, and this makes for **pressures in the ABDOMINAL or pelvic organs** - and to the abdominal system, producing those of often too much laxness for the whole nervous system, so that at times when conditions arise **INDOLENCE** is accused when it is a repression; that causes **headaches**, tendencies for too fast a pulsation, and an abnormal distribution of those forces assimilated."

TREATMENT PLAN:

1. Osteopathic or neuropathic treatment of spine

COMMENTS: Note pressure in coccyx with reflexes to abdominal and pelvic organs.

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504-1 FEMALE 49 5/22/31

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, as we find, the abnormal conditions that exist are produced most from **poor eliminations**, or from toxic forces or conditions that arise FROM poor eliminations. While there are at times sufficient eliminations through alimentary canal, there are tendencies in the condition existent in system where **feces form clogs**, as it were. Especially does this exist in the ascending, also to some extent in the **transverse, colon**; and this has made or formed a prolapsus which causes the system to absorb much of the poisons that SHOULD be eliminated in a regular manner.... which makes for a condition in the blood supply, making it heavy, the blood pressure above normal, the heart's action rather of a palpitation nature or a low pulsation - and at other times a high pulsation, with palpitating heart; **headaches**, nausea, are also a result of these conditions, as is at times the heaviness in the extremities, swelling feet at night, fullness in the veins about the throat and head, redness at times in the eyes, aching in the fingers and arms, pains especially through the right side of the body just below the liver area. These, as we find, are results of the poisons produced by poor elimination.

TREATMENT PLAN:

1. Colonic irrigation
2. Abdominal castor oil packs or Epsom Salts packs followed by massage with Russian White Oil, Witchhazel, Sassafras
3. Diet - fruit breakfast, raw vegetable lunch or soup, dinner of cooked vegetables with fish, fowl or lamb.

COMMENTS: Note toxic bowel with cardiovascular effects.

5696-1 FEMALE 67 6/17/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find the body has been under **stress and strain physically AND mentally**, so that there is a depletion of the energies and the vitality of the body, through the creating of those conditions in the mental body as make for congestions in portions of the system. These in the physical being **prevent the eliminations** in a normal way ... thus bringing tendencies for the **torpidity in the liver**, the tendency for **an internal rather than an external circulation**, poor circulation to the capillaries, heaviness in the feet, pains at times through the hips and through the side. These, as we find, coming from these disorders. **Bad tastes in the mouth, as it were. Headaches, or burning in the eyes, and pains through the neck and to the lower portion.**"

TREATMENT PLAN:

1. Sweat baths followed by salt rubs
2. Constructive mental attitude

COMMENTS: Note stressful lifestyle, poor eliminations with torpid liver, bad taste in mouth and burning eyes.

851-1 FEMALE 68 6/25/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... in the area of the **gall bladder**, the gall ducts becoming involved, from **sediments or accumulations** from the improper functioning of the eliminations through this portion of the system. This in turn, then, throws into the system - with the accumulations as occur at the time, with the flushing of the system, or that which forces the emunctories and lymphs of the digestive system to become over-active - drosses, **forming poisons**, which are absorbed by the system in part; this relaxing the nervous system, overtaxing the kidneys, producing a heaviness, **headaches, and tiredness in the feet, dullness in the memory** - this acts upon the whole of the nervous system as toxins, or poisons from the system itself."

TREATMENT PLAN:

1. Sweat baths

2. Castor oil packs over liver
3. Olive oil taken orally
4. Basic diet
5. Ultra-violet ray

6. Attunement to spiritual forces

COMMENTS: Note gall bladder etiology producing systemic toxicity.

255-9 FEMALE 49 6/29/31

ETIOLOGY AND PATHOPHYSIOLOGY: " The inflammation must be entirely removed from the system, and the CAUSES of same - as in the **gall duct or gall bladder region** ... the body feel easily tired out at times, and a tendency for **headaches in the evening, and dull feelings in the morning.**"

TREATMENT PLAN:

1. Castor oil packs
2. Osteopathic drainage of gall duct
3. Olive oil taken orally
4. Petrolagar
5. Basic diet

COMMENTS: Note gall bladder etiology.

992-2 MALE 45 7/16/31

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What can be done to prevent recurrence of the **violent headaches** the body used to suffer from, and is now subject to? (A) **Equalize the eliminations** of the body, so that stresses may be removed ..."

TREATMENT PLAN:

1. Osteopathic treatment
2. Diet
3. Balsam of Sulphur massage along spine

COMMENTS: Note systemic toxicity. This man had psoriasis. Here are the dietary recommendations: "Let there be a tendency towards that of the vegetables being such as carry those of arsenic or such cleansing forces in the system, which are of the SILICON derivatives - see? (Q) What are these vegetables, or those that carry these properties? (A) Onions, leeks, lentils, spinach, carrots (especially raw); the more of these that are taken raw, the better it would be."

5504-3 FEMALE ADULT 7/30/31

ETIOLOGY AND PATHOPHYSIOLOGY: "These conditions or subluxations as exist are in the **lumbar, lower dorsal and coccyx** region. These make for that pressure that produces the continual aching and bearing down pains across the small of the back just below the liver area, the heaviness in the feet, the **sick headaches** that occur, the loss of appetite, the nausea as comes at times from those **regurgitations to the stomach proper from over-acidity** - by tendency for inflammation in the pelvic organs, and in the stomach and the digestive system, the tendency to slowing up the activity of the colon in the eliminations through the alimentary canal ..."

TREATMENT PLAN:

1. Osteopathic treatment
2. Balanced diet for nerve, blood and body-building
3. Tonic: Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici

COMMENTS: Regarding the tonic: "Do not take this unless there is the **dull headache in the top of the head and in the temple**, and the general overtaxing of the nerve system."

514-1 FEMALE ADULT 7/30/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... the effect is as of nausea in the **stomach and the digestive system**; AGAIN we find the reflexes, too, become those of the **effects to the**

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eliminating system; while apparently digestion at TIMES takes place normally, the distributing of that as is assimilated becomes that which makes for the weakened conditions, **the dull headaches**, the tendencies for an increase of the phlegm, or that in the pulmonary system as of phlegm, too much secretions, the system attempting to take care, or create that that would overcome the disorder; the center from which this radiation appears, as we find, being in the **8th and 9th dorsal** area, and will be found that this will be sore to the touch.”

TREATMENT PLAN:

1. Osteopathic treatment
2. Hot flannel pack saturated with Cinnamon water, Camphorated Oil, Tincture Lobelia, Tincture of Myrrh over right side of abdomen
3. Diet – easily assimilated

COMMENTS: Note effects of spinal lesions to alimentary canal.

5619-1 FEMALE ADULT 8/17/31

ETIOLOGY AND PATHOPHYSIOLOGY: "With the **infection in the system**, same produced in the digestive system - or in the stomach proper - a varied condition, or a series of conditions, until we have in the **lower portion of the stomach** (though it didn't begin there) a condition that is detrimental to the better physical forces, and a hindrance in the circulation, in the eliminations, affecting the heart's action, affecting the digestion, **producing headaches**, producing an irritation to and through the throat, bronchial, larynx, strain on lungs, in the mucous portions of face, antrum, nasal cavities, burning sensations in the throat, in the tubes of the bronchi themselves, lethargy in the action of the lower digestion and spleen, and liver shows torpidity, the blood supply weak in its resuscitating forces, varying at times according to the amount of assimilation as is carried on. **A general debilitation.**

TREATMENT PLAN:

1. All water carries slippery elm bark or yellow saffron
2. Alkaline diet
3. Osteopathic treatment
4. Violet ray
5. Spiritual application: "... as ye have PREACHED, now practice in yourself."

COMMENTS: Note general debilitation produced by infection settling in lower portion of stomach. Here are effects of the herbal water: "First, we would find, that all properties taken in the form of water should carry either that of the elm or saffron, or something that acts AS an antiseptic, that there be no recurrent infection from the lacerations, and the flowing out of the effluvia from such lacerations in the rest of the system. The quantity would be a small pinch of the elm (ground elm) in a glass of water, and this prepared just before being taken into the system. In that of the saffron, this would be made in a very mild tea, but the effects of this are that, with the muco-membrane of the stomach, of the duodenum, of that portion of the digestive forces in system, will prevent that recurrent condition of acidity, and the too much of the alkalin - for one is as bad or as SEVERE on the ulcerated or lacerated conditions, as occur from time to time. Hence the necessity that these be in the water as is taken."

372-6 MALE 56 8/18/31

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause of, and cure for **headaches**? (A) **Cause, an unequalized circulation.** Cure, a general application of these things or conditions within the system as would bring about **an equalizing of the eliminations and assimilations** of the system. There are times when the **circulation**, through that of a **torpid liver** area or activity, brings a pressure on the heart's action. At such times

there are those recurrent forces, or retractory forces, as produce a **violent headache in the temples, in the eyes, or back of eyes.** These may be termed, then, as **STOMACH or indigestion headaches**, though this would be **IMPROPER conclusion** – though with **the settling of the stomach, with the activity of the eliminating system, the headaches would disappear."**

TREATMENT PLAN:

1. Osteopathic manipulations
2. Colonic irrigations
3. Calcidin

COMMENTS: Note vasomotor explanation for "stomach or indigestion headaches." Torpid liver and consequent upset to hepatic circulation appears to be primary cause. See previous readings.

369-8 FEMALE 26 9/3/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are **irritations in the duodenum and in a portion of the intestinal system.** There are those conditions there that tend to make for dizziness, **sick headaches, pains in the eyes at times**, conditions through the intestinal system as of gas - as of irritations. These, as we find, come from those irritations as exist in the **6th, 7th and 8th dorsal plexus."**

TREATMENT PLAN:

1. Osteopathic manipulations
2. Cathartic: Podophyllum, Leptandrin, Sanguinaria, Cascara Sagrada
3. Drink plenty of water
4. Milk or Magnesia alternated with Milk of Bismuth
5. Alkaline diet

COMMENTS: Note intestinal etiology produced by spinal lesions.

3760-1 MALE 28 9/17/31

ETIOLOGY AND PATHOPHYSIOLOGY: "**Digestion becomes involved** at times under these stresses, though not so often seen in the present save by that characterizing by a **specific variety, or that of headache that occurs at times - SEEMINGLY disturbing the sympathetic system, or the eyes and nasal portions**, more than other portions of the body. From the natural form of the pressure as indicated in the **sacral and coccyx regions**, with the **lower lumbar** involved, makes or produces a strain on the axis opposite, or that of the **brachial axis.** This makes for the **fullness as occurs in the lymph circulation, and burses about the throat and the nasal cavities."**

TREATMENT PLAN:

1. Glyco-Thymoline or Listerine spray or gargle
 2. Hot salt pack or baths before manipulations in lower spine
- COMMENTS:** Note reflex lesion from lower spine via brachial plexus to head. Also note digestive system involvement.

313-1 FEMALE 44 9/25/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... we have **toxemia** at times, which produces in portions of the system that which **MANIFESTS** itself as lumbago, as neuritis, as the strain in the muscular forces in the pelvic, pelvic organs, uremia at times shows, quick heart action, with abnormal pulsation, tendency for improper eliminations and a fullness in the caecum area. All of these are results. The **CAUSE, primarily, is an UNBALANCED condition in the elements** or constituents of the forces necessary to keep a normal equilibrium. **NAUSEA** at times is a result; heaviness in the feet; easily tired out; slow, **dull**

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headaches; pains in the face, chest, abdomen, more a portion of the back, through the limbs - these are but WARNINGS for the conditions as we find them."

TREATMENT PLAN:

1. Epsom salts packs or baths for lower spine
2. Atomidine
3. Electric vibrator along spine
4. Diet – improve eliminations

COMMENTS: Possible glandular etiology in this case with arthritic features.

1192-4 FEMALE 37 10/26/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... nerve tension, the tendency of SMOTHERY feelings, the **headaches**, or that nausea as comes from the **hypogastric**, apparently producing as INDIGESTIVE pains in the abdomen and the stomach itself."

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Elixir Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici
COMMENTS: The tonic was specifically for headache. The effects of the ingredients are: "The Valerian as a nerve stimuli. The Calisaya as a clarifier for the blood supply, and PRODUCING in the digestive system an easier assimilation. Because it tastes bad, don't leave it off at times - it's bitter! The Bromide of Potassium is as a sedative. The Iodide of Potassium will act with the glands of the reproductive forces or systems of the body. These may make for an overabundance at times of the menstrual flow, and of the activities in the kidneys, but this is to CLARIFY the system and remove the CAUSES of these depressions, both from the physical and the mental, for the general PHYSICAL body is very good. The toning up of the system is necessary, see?" See previous readings.

5419-1 FEMALE ADULT 11/2/31

ETIOLOGY AND PATHOPHYSIOLOGY: "Digestive system shows for rather that of a SYMPATHETIC condition having existed through the plexuses of the **hypogastric and pneumogastric**. Hence **those reflexes at times as come to the back of the neck, shoulders, or under the shoulders**. These are reflexes from the sympathetic condition in the **hypogastric and pneumogastric plexus**.... (Q) What causes **headaches** so much lately? (A) Pressures in the system from **toxic forces, by poisons**. Eliminate these conditions, or these distresses, as has been indicated, and these will leave."

TREATMENT PLAN:

1. Tonic: Peptol, Compound Syrup of Sarsaparilla, Podophyllum, Elixir Calisaya, Tincture of Stillingia, Bromide of Potassium
2. Phosphate of Soda
3. Petrolagar
4. Alkaline diet

COMMENTS: Note systemic toxicity with reflexes from hypogastric and pneumogastric to head.

5423-1 FEMALE 34 11/2/31

ETIOLOGY AND PATHOPHYSIOLOGY: "IN NERVE SYSTEM, and systems, do we find that which causes, or is the base of the disorders; being under **mental strain** in many ways and manners. This is not to be inferred that any mental DISORDER exists, but being harangued in many ways and manners, so that the whole mental body has been in a state of excitement, has brought about that condition in which the **sympathetic nervous system has REBELLED**, until there are MANY portions in the **connections between the sympathetic and cerebrospinal system - at the JUNCTIONS of each - that**

have rebelled, until these may be termed as fagged, as ready to GIVE UP at times, until the whole reaction to the body is of rebellion at that the PHYSICAL is forced to bear under this strain ... Not sufficient of an impulse to supply from the whole system the proper nerve energy to produce, or to cause those accumulations necessary in the digestive forces of the body to carry same on properly.... we will find the impulse from such conditions as to produce that of **an overflow, as it were, in the throat, in the head, headaches, eyes ache**, overactivity in those forces as produce the mucous-membrane activities through the head, through the eyes, through the nasal cavities, soft tissue of the face - these all are SYMPATHETIC conditions.

TREATMENT PLAN:

1. Wet tent to spine followed by massage with Olive Oil, Myrrh and Sassafras Oil
2. Chloride of Gold taken internally
3. Diet – Blood and nerve building

COMMENTS: Note general debilitation and nerve exhaustion. The effects of the treatments are: "The activity of the olive oil is as FOOD that may be absorbed by the lymph and emunctories of the system, provided the pores and the exterior portions of the body have been relaxed or opened before this is massaged into the system. The activity of those properties as go WITH same, the myrrh and those of the sassafras oil, these add to the STRENGTH of the muscular tissue, of the sinew along the system, as to carry - the one stimulating the muscular forces, the other carrying to the cartilaginous forces, and to every nerve fibre itself, that of strength and activity. So that there is NOT disorders to the system by dosings of medicines, or the like. The Gold in its activity, with the Soda, is to ENLIVEN the glands INTERNALLY with the SECRETIONS of the system, as to furnish the proper stimuli to the replenishing and rebuilding of the system."

2105-1 MALE 44 11/5/31

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE NERVE SYSTEM, OR SYSTEMS, we find a portion in the structural portion of the body of the cause, or first cause. There are impingements in the cerebro-spinal system, and lesions are formed. Hence the variation in the manner in which those conditions affect the body, nervous temperament at times; at others there is the feeling of heavy feet, tired feeling all over the system, **dull headaches, pains through eyes**, and the effect of CLAMMINESS at times - especially is THIS seen at night. IN THE ORGANS OF THE SYSTEM, brain forces are active, **with normal blood flow**, though with these heavinesses, these dull pains at times, the body feels as if the brain proper refuses to function normally; but no disorder there.

TREATMENT PLAN:

1. Colonic irrigation with petrolagar
2. Milk of Bismuth
3. Sinusoidal treatment
4. Basic diet
5. Spinal manipulations

COMMENTS: Note spinal lesions as cause of headaches.

4538-1 MALE ADULT 12/2/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... we see causes from **two different sources** in this respect, at least. In the **lumbar and sacral** region the nervous system shows the greater distress from those conditions, in which impingements prevent the normal impulses to the system. Also in the nerve forces as in the ORGANS showing distress, the glands above or about the kidneys - as well as the glands of generation. These are showing the effects of the **mental worries** of the body, as well as an

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unbalancing of the elements necessary for proper reactions of the glands THROUGHOUT the body in their functioning; these affecting the endrenal [adrenal], as well as the thyroids, as WELL as those of the emunctories through the torso or digestive system. Hence we have dull, heavy pains at times, and catching pains at others, across the small of the back and just below the diaphragm area; shortness of breath at times with little exercise; heaviness in the feet, tendency for **dull headaches throughout the day** - which may be at times relieved of mornings ...

TREATMENT PLAN:

1. Spinal adjustments
2. Electric vibrator treatment
3. Atomidine
4. Balanced diet with seafoods for iodine

COMMENTS: Note glandular aspects in addition to spinal lesions.

482-3 FEMALE 46 12/12/31

ETIOLOGY AND PATHOPHYSIOLOGY: "... the stomach itself **low or out of position**, and in this manner many of the impulses from the nerve centers become over accentuated to portions of the lower portion of stomach and duodenum, causing or producing in the activities of same in digestion an excess of activity in that particular portion. Hence we had first that of a **thickening of the walls** of that portion of the organ itself. As a result we had easily the digestive system upset, **with severe headaches following in a particular portion OF the head - in the back or base of brain, and to the top and front of head.** These produced often nausea, straining at times either to empty the stomach by regurgitation or overtaxing with those of the sedentary nature, or of a nature to empty same, produced that of a LACERATION in the portions."

TREATMENT PLAN:

1. Plain wet cell battery attached to 5D and feet in water
2. Tonic: Cinnamon Water, Lime Water, Iodide of Potassium, Bromide of Potassium for nausea
3. Massage with electric vibrator following wet cell treatment
4. Yellow saffron tea and camomile tea

COMMENTS: Note abnormal stomach position.

1315-1 FEMALE 39 1/22/32

ETIOLOGY AND PATHOPHYSIOLOGY: "In this respect we find that the **nerve pressures**, or disturbances, **prevent the normal assimilation** for the creating of the sufficient QUANTITY for the storing of as much reserve energy in this direction as may be possible with the body. This then, from the inclinations, shows that at times there are from the assimilations - those of **nervous headaches; not severe, save at times.** At times there are, through the central portion of the body - or in the regions of the lacteals - those pressures that produce that of **nervous indigestion.**"

TREATMENT PLAN:

1. Osteopathic manipulations
2. Violet ray treatment
3. Balanced diet - nerve and blood building

COMMENTS: Note poor assimilation due to nerve pressures.

514-3 FEMALE ADULT 1/26/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are still those tendencies for the arising of **toxic forces from the poor eliminations** in or through the intestinal system. With some conditions as are not wholly adjusted in the **upper dorsal**, there is the tendency for the soft tissue about the nasal, the frontal and upper antrums, for an inclination of a fullness, or roaring about the ear, and **the headaches that occur between the eyes - or the**

frontal and upper portion, with the inclination for foods at times to tend to produce gas, and an extra amount of belching."

TREATMENT PLAN:

1. Lacto-Dextrin or psyllium
2. Electric vibrator treatment
3. Alternate Milk of Magnesia and Milk of Bismuth

COMMENTS: Note poor eliminations and systemic toxicity.

2095-1 FEMALE 56 3/8/32

ETIOLOGY AND PATHOPHYSIOLOGY: " First, IN THE BLOOD SUPPLY - Here we find this very good in the present, but there are evidences in some of these specific and spasmodic disorders referred to, in the form of **toxins or poisons** that are left or carried in the system during such periods of disorder. These, as we find, come from those especially of the alimentary canal and its contributory causes in the nerve system, and reflexes in organs affected by the disorder. These being picked up more easily by the conditions that exist in the normal system of the emunctory and lymph circulation through such portions, the plasm of the blood both in the lymph and in the regular circulation produces more sympathetic reaction - hence becomes contributory to the disorders, producing at such times nausea, **headaches**, heaviness in feet, ache and trembly feelings over portions of the body. In the NERVOUS SYSTEM, or SYSTEMS, we find rather what may have been, must have been (from the conditions), that of the **primary or first causes; for there are evidences of there having been in the lower dorsal area those of the form of lesions that made for the tendency of the DROPPING of the whole of the DIGESTIVE organism.** Hence a **prolapsus in the colon area** (ascending) made for that which was of the nature of colitis in its form, or congestion of the muco-membrane, and an indication of engorgement in the intestine itself.

TREATMENT PLAN:

1. Osteopathic or neuropathic treatment
2. Exercises to raise abdominal organs
3. Psyllium seeds
4. Olive oil taken orally in small doses
5. Keep spiritual attunement

COMMENTS: Note dropping of colon due to spinal lesion with resulting systemic toxicity. "(Q) How often the osteopathic or massage treatment? (A) This would be taken rather when necessary. When there is a **tendency of a dull headache at base of brain, or to the front of head**, this would be well to be taken. Once a week, or twice a month - if THOROUGHLY done."

5515-1 FEMALE 38 3/18/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... that **heaviness or pressure that is felt in the duodenum**, and at other times in the lacteal area; at others heaviness, **dull headaches at base of brain, with flushes as of dizziness in the area of the ear drums, little tingling or ringing if body arises quickly.** Ordinarily, these are **considered symptoms from liver disorder** - but, as we will see, rather from those HIDDEN conditions, as has been given... those reactions in blood supply, in circulation, in digestive system, bring about the greater pressure, where we have an **impingement and a character of congested area in the 3rd, 4th and 5th dorsal centers**, from which an impulse, and from which we find there has been some **injury to, in some times back.** Then the **pain becomes more severe in the stomach** or diaphragm area, and is as **pressure of the stomach** in its attempt to empty itself, or to PRODUCE that within same as to meet the needs in the assimilating system, and is as a gnawing; for from the impulse we have an area - not as

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that of ulcerations or lacerations, rather as that of a **hardened or thickened wall in the pyloric end, and its effects extend into the duodenum proper**. This makes for a **cold area in the 4th and 5th dorsal center, and another in the pit of the stomach** just below or between the clavicle or the breast-bone area. In the activities of the system from this, as we see, these are **reflex, and the lack of impulse or nerve centers** in this has produced, or is contributory. Then, with this condition existent we find the digestion takes place slowly often when, as it were, the **sluggishness occurs in the circulatory system**, or there are those characterizations of food that make for the production of over **acidity**. The more acidity, the more pressure that is felt in this area. **Hence we find specific and contributory causes of two natures**, as affect the body."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Magnetic healing to abdomen
3. Radial appliance attached at 5D and stomach
4. Rochelle salts
5. Basic diet that is blood building
6. Small doses of olive oil

COMMENTS: Note effects of spinal lesions to digestive system and circulation with systemic hyperacidity.

404-2 FEMALE 42 3/22/32

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY we find ... forces as are detrimental to the proper coordination and coagulation of the blood's functioning in the elimination of used forces, or drosses in the system. These produced by **infectious forces** as in the present ... **In some times back** there existed this same characterization in the system, when there was set up in those of **the intestinal troubles that has made for that as may be termed a catarrhal condition** in the intestinal system. Hence we find when under strain or exposure that makes for congestion, these show their reactions in the system. Hence we have had a **form of colitis that makes for a tendency of the poisons to accumulate in the colon**, yet these again are effects of results of the disturbance that is the primary reaction. The result of these are **to affect the lymph circulation disorder, the liver**, or overtaxation or disorder of proper functioning of the kidneys.... these troubles that have come at times as pains in the right side, near that of the ducts where digestion is acted upon in certain portions, or act upon certain portions of that to be assimilated, or through **the lacteal ducts area**. Also there have been times when these produce the distress as of heaviness through the small of the back, to the limbs, and dizziness - **or some minor headaches**."

TREATMENT PLAN:

1. Alternate Milk of Magnesia and Milk of Bismuth
2. Glyco-Thymoline in water taken internally
3. Specific diet to fight infection, included yogurt
4. Blond psyllium seed

COMMENTS: Note infectious etiology (cold germs) that settled in intestinal tract producing colitis. The specific diet was intended to help fight the infection. Also given was the intended effects of the other therapies: "(Q) How long should the Magnesia and Bismuth be kept up? (A) Until the system is well cleansed; for the activity of these are as this: See? As has been indicated through that form of congestion as has long disturbed the body, as catarrh, which means **inflammation of the mucous membrane of the duodenum AND intestine - see? The result has been those headaches, or those disorders of the colon** - though they are not in either, you see. Then the activity of the Bismuth is to not only CLEANSE, as it were, the system from the disorder in the inflamed area, but to act as healing with same.

The Magnesia, to be sure, is to act gently with the lymph and mucous membranes of the digestive system, and especially with the activities of the peristaltic movement. While the Glyco-Thymoline, taken twice a day in small quantity, as given, is an antiseptic, and allaying and destroying the bacilli that has been producing the irritation; for it is alkaline in its action and will remain same through the system. Then, with the addition of the psyllium - which forms rather weight, and CLEANSSES the system throughout. Then let NATURE do the healing, with that of the directing of the forces by self and with others."

5640-2 FEMALE ADULT 3/24/32

ETIOLOGY AND PATHOPHYSIOLOGY: "Pressure from poison forces in the abdominal, that makes for a neuritis or neurotic condition in same. The pressure as is indicated is in the alimentary canal."

TREATMENT PLAN:

1. Hyoscine
2. Psyllium
3. Milk of Bismuth
4. Massage

COMMENTS: The therapeutic effects of the Milk of Bismuth for headaches was noted: "Every third day take, of evening, two teaspoonsful Milk of Bismuth. This will clear the breath, will clear the toxic forces from the system, **rid the body of those headaches**, and not disturb the normal functioning of assimilation, of eliminations - but aid in eliminations; not disturbing, though, the respiratory system, the hepatic circulation, in any sense." See previous reading.

391-2 MALE 21 4/6/32

ETIOLOGY AND PATHOPHYSIOLOGY: "This condition, as we find then, is of the nature of disturbances in the functioning of the **liver** itself, specifically; causing, then, those distresses across the back, more ALONG the line of the diaphragm than the SMALL of the back - though, to be sure, at times this extends into the kidney area, but is rather a REFLEX than a cause of the condition. This affects at times the gall duct, and the digestive forces - of the pancreatic fluids action upon the system, making that heaviness in the blood stream that makes it easy for the body to take cold, **often bad tastes in the mouth, tiredness as the body arises after rest** - when it should be perfectly rested; **dull headaches at times, with pains through the eyes ...**

TREATMENT PLAN:

1. Regular exercise
2. Tonic: Yellow Dock Root, Burdock Root, Wild Cherry Bark, Dogwood Bark, Prickly Ash Bark, Elder Flower, Balsam of Tolu
3. High enemas
4. Massage
5. Diet - Citrus breakfast, Midmorning milk chocolate with egg, meat juices and green vegetables for lunch, Coca Cola at 3:00 o'clock, vegetables with little meat, no sweets or pastries

COMMENTS: Note liver etiology with dull headaches and bad taste in mouth.

427-4 MALE 21 4/13/32

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, are caused from the **lack of vitality, the impoverishment of the blood supply**, and the attacks that occur from the **lack of proper oxidation of the blood that flows through the lungs** proper. This produces, especially in that portion of the lung proper where there has been broken tissue, **intense pain as of the pin prick, or of acute pain through the muscular forces in the area of the pleura, as well as in the intercostal nerve** and muscular forces ... with the easy inclination of cold, a tendency

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of phlegm in throat, **burning of eyes at times, dull headaches at the nape of the neck and shoulders**, and the appetite seems not to be able to be satisfied. These are effects of these repressions as produced by the heaviness in the lung area; though not tubercular in any form as yet. Rather that of the tissue that has broken in the past, making for the attempt of the reactions in those portions of the lungs themselves that make for cell openings, and are pressures against the tissue, or scar tissue, that has formed in same."

TREATMENT PLAN:

1. Eucalyptol inhalant
2. White's Cod Liver Oil tablets
3. Blood building diet
4. Citrate of Carbonate laxative
5. Specific exercise for lungs

COMMENTS: Note nerve reflexes from lung pathology and headaches at the nape of neck and shoulders.

4164-1 FEMALE ADULT 4/18/32

ETIOLOGY AND PATHOPHYSIOLOGY: "Debilitation, then, is the cause; and the resultant conditions are the after effects of such disturbance and are many and varied in their effect upon the body.... IN THE FUNCTIONING OF THE ORGANS THEMSELVES - As we find, these show the effect of a form of what may be literally said to be starvation to their necessary elements for normal functioning.... **Dull headaches at times, with the eyes and ears giving particular accentuations of either noises of fullness, dimness of vision, or pain; peculiar metal taste at times in the palate or mouth;** at other times the attempting to belch after foods are taken, especially those that are of a starchy nature - that becomes, as it were, rather disagreeable to the body at times; heaviness in the feet, the lower limbs, pains at times - or rumbling, as it were - of the intestines; the draggy feeling as comes for the circulation to the extremities ..."

TREATMENT PLAN:

1. Infra-Red ray therapy
2. Osteopathic manipulations
3. Diet: body building foods that provide vitamin A,B,C, and especially D
4. White's Cod Liver Oil tablets
5. Iodex and animated ash with light therapy

COMMENTS: Note general debilitation.

391-3 MALE 21 6/7/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there is yet lacking that proper coordination in the functioning of the liver, as respecting the activities both in the excretory and in the secretive functioning. Hence we find that there are periods when the **body feels listless**, the body fails to find that rest brings the recuperative forces as seemingly necessary, and with an activity the body soon becomes fatigued, tired, heavy dragging feet, dizziness or light-headedness, **dull headache** at other times, **with dazzling spots before the eyes, bad tastes in the mouth, with a tendency of feeling a drawing within, the saliva apparently dry and at others too much - yet not tasting well.** These, as we find, are **effects of the liver's activity.**

TREATMENT PLAN:

1. Alternate: Milk of Magnesia, Milk of Bismuth, Alophen
2. Olive oil taken internally
3. Exercise for abdomen
4. Ultra-Violet therapy
5. Light, vegetable diet

COMMENTS: Note liver etiology with dull headaches and other typical symptoms for this condition.

4299-2 FEMALE 15 6/8/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... the eliminations of the **liver itself - is the basis or seat of the disorders.** The natural tendencies are for the stomach disturbance, the change in the circulation, with a low fever, bilious attacks and nausea, and loss of appetite - at other periods an abnormal appetite, abnormalcy through the eliminations as related to alimentary canal, the disturbance in the hepatic circulation, an over frequency of eliminations through the kidneys at times - at others scant and highly colored urine. These show the torpidity of the liver, and a tendency for congestion in the gall duct area. Not such as to make for those sedimentary collections known as gallstones, as yet, but a sediment that is rather crusty in its nature and hard for the passage of same through the canal or ducts that supply the system. There are the attendant conditions of inertia at times, **dull headaches**, heaviness, tingling sensations over various portions of the body, burning in the eyes. All of these are the attendant conditions of the specific disturbance in the gall duct and gall bladder area of the liver itself.

TREATMENT PLAN:

1. Castor oil packs over liver
2. Compound: Podophyllum, Leptandrin, Sanguinaria, Senna
3. Castoria
4. Light diet

COMMENTS: Note liver etiology with dull headaches and typical symptoms of this condition.

5646-1 FEMALE ADULT 6/26/32

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE FUNCTIONING OF THE ORGANS, under the disturbance we find there have long existed **pressures in the lower dorsal and lumbar region**, that the character of same has caused improper incentive to the organs of the **pelvis system.** Hence a gradual turning of the organs themselves, until tendency through the irritation of **adhesions** caused the greater disturbance, and producing a tendency in the functioning of more **acidity**, more acid throughout the entire system, and these working together produce effects in the whole of the body itself. These pressures, as we find, exist specifically in the **9th, 10th, 11th dorsal, and 3rd and 4th lumbar.** SYMPATHETICALLY their **reflexes are seen in the upper dorsal, and even the cervical area.** Hence we have had at periods disturbances that have affected at times the organs of the **sensory system** - as the eyes, as the secretions for throat, as the drumming or the condition that appears with the ear, the general irritations, **headaches** and heaviness, hot and cold flushes, that come from such disturbances, have been the conditions existent in body. Upsetting of the stomach, with nausea at times, loss of appetite - again an over, or a desire for food more often. Nerve reactions along whole of system.... (Q) What was the **original cause** of my trouble? (A) **A pressure, or cold and congestion that followed, and pressure in the lower dorsal area.**"

TREATMENT PLAN:

1. Deep osteopathic manipulations as wet heat for relaxation
2. Tonic: Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici
3. Epsom salts packs for back pain
4. Atomidine

COMMENTS: Note extensive nerve reflexes from spine and pelvis "along the whole of the system." Also note initial infectious process.

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303-2 FEMALE 45 8/5/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... conditions of worry, of anxiety, of fear, of those petty conditions that make for reactions, produce improper digestion, improper assimilation, and we may immediately expect those same reactions in the blood supply of the body. These may be seen also in the manner in which the effect is in the system to those centers, which produce then pains in the system as related to the head and to the extremities, or from the locomotory centers; for the body at such periods, with depression, becomes super-active in the mental – and sooner or later in the physical, and these centers, as we find, respond then in a manner as may be termed bordering close to the neurotic, or neuritis in its forms, to the head, the neck, and the centers specific are in the 3rd and 4th dorsal, radiating upward; in the last lumbar and the last dorsal, radiating to the right side, or the lower limb on the right side.... Hence, in the 4th dorsal we have a form of lesion that, with repression, or when the body desires to be without food, or when the reaction is as that of indigestion and nothing seems to agree with the body, headaches result from same, pains through the eyes, the ears seem to drum more heavily, or those reactions as if the body itself were separate from the physical body, and a feeling all over as of a separation. This is from the sympathetic system, as has been seen and given."

TREATMENT PLAN:

1. Electric vibrator therapy
2. Diet – well balanced for nerve and blood building
3. Lacted pepsin
4. Charcoal tablets
5. Mental attitude – expect to be well, don't worry
6. Drink plenty of water

COMMENTS: Note psychosomatic etiology producing spinal lesions and digestive system dysfunction.

482-4 FEMALE 47 8/8/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... the injury to that portion of the stomach itself, where there have been those signs of the thickening of the walls, and now they have shown some effects of lacerations - through those astringents and sedimentary conditions affecting the body. These will make for, and do tend to make for, irritation and soreness throughout the intestinal tract ..."

TREATMENT PLAN:

1. Tonic: Iodide of Potassium, Bromide of Potassium, Limewater and Cinnamon Water
2. High enemas with Glyco-Thymoline
3. Yellow saffron tea and camomile tea
4. Lithia water
5. Electric vibrator therapy
6. Animated ash

COMMENTS: Note gastro-intestinal etiology. The tonic was specific for the headaches and nausea. See previous readings.

1131-1 MALE ADULT 8/20/32

ETIOLOGY AND PATHOPHYSIOLOGY: "In the NERVE system, here we find the seat and the cause ... These, as we find, exist in the 4th and 5th dorsal area, and through the pressure there affect the circulation in its relationships to the sympathetic centers or plexus, and the pressure is only in part - and at times we find, especially with cold or congestion, or if the body is over tired from physical exercise or from mental strain, or from disturbance through the sleeping hours, there is a heaviness felt between the shoulders, dull headaches and pains along the back of the head, or stiffness felt there, with the results that follow of a fullness in the throat and the disturbances to the

antrum and nasal passages, then the heavy pains with resultant conditions that come from same in the disturbance to digestive or assimilating system. The pressure, then, specifically exists in the 4th and 5th dorsal area, and sympathetically in the 3rd, 4th and 2nd cervical area, to the head and to the neck, as well as that one which exists in the 1st sacral area ...

TREATMENT PLAN:

1. Osteopathic treatment
2. Sulphur inhalant
3. Laxative: Senna, Cascara Sagrada, Leptandrin, Sanguinaria
4. Diet to improve eliminations

COMMENTS: Note spinal lesions in dorsal area with reflexes to cervical and head with stiffness in neck.

340-18 FEMALE 44 9/12/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are some exaggerations or inflammations existent in the system, produced by cold and congestion with some conditions that arise from the old condition in the colon. This produces a form of semi-cocci in the blood stream that makes for inflammation, especially in the membranes about the brachial and secondary cardiac plexus area; producing then an inflammation in the bronchi and larynx which causes the cough. This sympathetically makes for irritation in the soft tissue of face and head; at times producing, then, a dull headache with nausea in the pit of stomach, with heaviness in the abdominal regions, and a throbbing in the feet."

TREATMENT PLAN:

1. Expectorant: Horehound, Balsamof Tolu
2. Petrolagar
3. Electric vibratory therapy
4. Violet ray therapy
5. Diet – avoid sweets, especially vegetable sweets

COMMENTS: Note infectious etiology.

1312-1 FEMALE 41 9/15/32

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood stream we find there are conditions that indicate the torpidity of the liver, and the lack of excretions from same into the assimilated foods to produce the proper balance, allowing rather inflammation to become more and more apparent through the lymph and the muco-membrane circulations of the system; thus affecting varied portions of the system, as throat, head, digestion, and even the pulmonaries show the effect of this bacilli that is being carried in the blood. The attempt of the system to create a balance, with the disorders, brings temperatures that arise in the body, and the tendency for the chills, or the chilly sensations, with the headaches, and the extremities causing the fullness that is felt at times."

TREATMENT PLAN:

1. Castor oil packs over liver
2. High enemas with Glyco-Thymoline and Petrolagar
3. Olive oil taken internally
4. Castoria
5. Easily digested foods
6. Milk of Bismuth and Lacted Pepsin

COMMENTS: Note torpid liver and bacilli in blood producing inflammation in system via lymph and muco-membrane circulation, including head and face. Note effects of therapies: "Also we would begin with Castoria in small doses, after the third or fourth day. Let this not interfere with the taking of the olive oil, for the olive oil will be as a food value, while those reactions created in the liver by the Castor oil from without and the Castoria from within (and be sure it is Fletcher's) will bring about the absorption of these properties so as to make a softening

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of the liver lobes that are in distress. The secretions of the duodenum will be aided, as well as the activity of the gall ducts themselves."

4722-1 FEMALE ADULT 9/23/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are periods when the **vitality seems very low**. Little temperatures arise at times; disorders through the digestive system, the eliminations become very poor; **torpidity of the liver**, as it were, with **the burning of the eyes, throat; aching in the joints of the body, headaches** following. These are effects from this weakness that occurs from the **general depletion** that exists in the system.... There is that specific reaction of **strangulation in the gall duct area** that affects the assimilation of the system, as related to the functioning of the digestive forces for the system ..."

TREATMENT PLAN:

1. Sinusoidal therapy
2. Tonic: Wild Cherry Bark, Sarsaparilla Root, Yellow Dock Root, Prickly Ash Bark, Elder Flower, Balsam of Tolu
3. Electric vibrator therapy
4. Predigested foods
5. Enemas
6. Plenty of olive oil

COMMENTS: Note general debilitation, torpid liver and gall duct strangulation. If the sinusoidal cannot be taken, osteopathic draining of gall bladder is required.

379-1 FEMALE 51 9/30/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there having existed for some time a **torpidity in the liver** and its excretory functioning....brought about those conditions where **heaviness is produced in head; headaches, dull feeling in the stomach**, the extremities as if they are pulsating heavily; and there is a tendency for drowsiness at times when the activities should be more active, or toxic forces arising from same. These are shown in the effects of the circulation, as given, by torpidity in the excretory functioning of liver"

TREATMENT PLAN:

1. Milk of Magnesia
2. Milk of Bismuth and lactated pepsin
3. High enema with Glyco-Thymoline
4. Glyco-Thymoline taken orally
5. Diet – especially fruits and nuts, meat juices and cooked vegetables
6. Castor oil packs over liver and Epsom salts packs over caecum

COMMENTS: Note torpidity of the liver.

4293-1 FEMALE ADULT 10/20/32

ETIOLOGY AND PATHOPHYSIOLOGY: "The **addition of elements to overcome the pain**, in the form of **sedatives** or those properties that have been taken to effect a deadening of the nerve forces so pressed upon by the pain or congestion, only leaves more and more of the drosses to be taken care of in the system. These, of course, make for effects then in the functioning of the organs, in various ways and manners; as at times the character of **headaches** that arise, at other periods tautnesses in the muscular forces of the arms and limbs, stiffness in portions of the body, the bad tastes that arise from the digestive system, the improper activity for the heart's action.

TREATMENT PLAN:

1. Stop sedatives
2. Toris compound made with simple syrup and spirits frumenti
3. Epsom salts bath and massage

4. Alkaline diet
5. Basic diet
6. General exercise

COMMENTS: Note that headaches are a side-effect of pain medication. The treatment plan is intended to cleanse system and relieve pain naturally.

5685-1 MALE ADULT 11/9/32

ETIOLOGY AND PATHOPHYSIOLOGY: "**Headaches** show an effect of a disturbance, but no organic condition ... those disturbances for the metabolism as we find are produced from an effect as is created in the **spleen**, rather than those of the liver ..."

TREATMENT PLAN:

1. Neuropathic massage
2. Violet ray and animated ash
3. Basic diet

COMMENTS: Note spleen as etiological factor.

3836-1 FEMALE ADULT 11/10/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there is the **lack of elimination** to produce the proper functioning in all portions of the system is evidenced by the lack of those that make for absorption through the system to the elimination of the body. Hence, disturbances in that portion, the circulation becoming too deep-seated, then it continues to be a very **poor circulation between the upper and the lower hepatic circulation, producing at such time an over-taxation to the nerve forces, as related to the organs of the pelvis, and the headaches** as occur there and the **upsetting of the digestive system ...**"

TREATMENT PLAN:

1. Deep osteopathic manipulations
2. Milk of Magnesia
3. Milk of Bismuth and lactated pepsin
4. Phenalax wafer
5. Glyco-Thymoline in water
6. Basic diet

COMMENTS: Note systemic toxicity and unbalanced circulation (hepatic).

391-4 MALE 21 11/25/32

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are those reactions that might be expected; especially with those activities of the **eliminating system** as related to the activity of the ducts and glands of the eliminating system, particularly the **liver, spleen, and the lower hepatic circulation**. These are not other than reactions in the present, and those periods that there is felt rather a **dull headache**, pains through the left side and across the upper portion of the hips, are but the attempts of the system to adjust itself to these changes."

TREATMENT PLAN:

1. Compound: Podophyllin, Leptandrin, Senna, Syrup of Rhubarb
2. Milk of Bismuth
3. Milk of Magnesia
4. Phenolax wafer
5. Well-balanced diet

COMMENTS: Note hepatic reactions to change producing dull headaches.

4628-1 FEMALE 43 12/14/32

ETIOLOGY AND PATHOPHYSIOLOGY: " First, there are changes taking place in the system through the natural consequence of body becoming over-charged with a surplus of drosses, or refuse forces, or **poisons in the system**, by the accumulation of elements that are unnecessary for the better

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resuscitation in the system. This tends to make for those pressures that become magnified, or show in their activity along the **sympathetic and cerebro-spinal system**, making for the FEELINGS or reactions such as these: At periods there are the feelings as of too great a FULLNESS in the respiratory system, or a tendency for shortness of breath, **headaches in various portions of the head - especially at the top of the head; burning sensation at times in eyes, with a period occasionally of drumming or noises in head; tendency for bad tastes in mouth**, with irregularity as to the activity of kidneys; the feet at times and lower limbs their circulation - while not swelling so much, yet a fullness. This may be termed from the pathological condition as being a metabolism that is particularly disturbed at the time.

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Stillingia, Tincture of Capsici
2. Osteopathic massage

COMMENTS: Note systemic toxicity producing pressure on nervous systems with resultant headaches.

2353-3 FEMALE 57 12/18/32

ETIOLOGY AND PATHOPHYSIOLOGY: "There is the **dilation and the extending of the colon** in the ascending portion. This also has produced irritation in the area about the **glands of assimilation**, which has produced a plethora condition in the form of dilated area that makes for the distresses; especially when the body attempts to take foods. There are **nausea and headaches** from same, as well as the dryness in mouth, swelling in feet, and the color and circulation is bad.

TREATMENT PLAN:

1. High enemas (colonic irrigation) with salt and soda and Glyco-Thymoline
2. Castor oil packs
3. Deep manipulations
4. Diet - pre-digested

COMMENTS: Note colon etiology with effects to digestive system producing headaches.

278-1 FEMALE 64 1/14/33

ETIOLOGY AND PATHOPHYSIOLOGY: "These are from **poisons** that are as accumulations, that oftentimes disturb the **ganglia and plexus of the nerve centers** in both the cerebro-spinal and sympathetic system; making for **the nervous condition, the bad tastes in the mouth, the inactivity of the alimentary canal, the headaches**, the heaviness in the limbs, the tiredness and trembling in the extremities - which are from nerve reflexes that occur at VARIOUS times. ... with the **character of the WATER taken** (which carries an over amount of calcium, lime and those of the silicon elements), there has been produced those tendencies of **toxic forces through the digestive system**, clogging at times the gall ducts, disturbing at others (with the mental activities) the secretions from the spleen - engorging same and acting upon the gastro-actions through the lymph and emunctory circulation in the digestive forces ... Hence we have those general debilitations that have arisen ..."

TREATMENT PLAN:

1. Mentally vision eradication of disease
2. Eno Salts
3. Atomidine
4. Alcaroid and Caroid Bile Salts
5. Fountain enema with Milk of Bismuth and Glyco-Thymoline
6. Basic diet

COMMENTS: Note systemic toxicity affecting nervous system and digestive system. The drinking water may have been a contributing factor.

3917-1 FEMALE ADULT 1/16/33

ETIOLOGY AND PATHOPHYSIOLOGY: "These are in part (and the greater cause of distress) from conditions which exist in the organs of the **pelvis**. Irritations there produce and cause the **strains on the digestive system** in such a manner as to **prevent the normal eliminations** from the body, both as to those activities through alimentary canal as well as the disturbance to the kidneys and the bladder. These make for specific conditions, yet their effects in the system bring those disorders in the extremities, pains across the small portion of the back; especially disturbance in the knee and lower limbs, disturbance in the digestive system and as to the **digesting of the food; nausea, headaches at times**, languidness at times and insomnia at others, reflexly producing disturbance with the upper portion of the body also."

TREATMENT PLAN:

1. Electric vibratory therapy
2. Lysol
3. Violet ray
4. Alkaline diet
5. Massage limbs

COMMENTS: Note pelvic etiology with effects throughout the body, especially the digestive system.

263-1 FEMALE 21 2/6/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find both the sympathetic and the cerebro-spinal nervous system are involved in the disorders in the body, and these - to be sure - show most of their affectation in the body in those portions of the system that make for the closer coordination between the sympathetic and cerebro-spinal system; that is, at **the base of the head, the head, neck and shoulders** at times being under great stress and strain. Especially does this **happen just before the monthly periods; causing pains on top of the head, burning of the eyes**, dryness in the throat, and irritation generally through the system. And at other periods, when there has been an overactivity physically, pains just below the shoulder blades, across the small of the back and down the lower portion of the limbs, across the pelvic area. All of these suffer from NERVOUS reaction ... Do not expect immediate relief to be brought from many of those **headache periods**, or at first correcting the destructive forces that make for distresses through the **menstrual periods**, but GRADUALLY there will be builded that necessary for the correcting of these forces in the system.

TREATMENT PLAN:

1. Electric vibrator treatment (3-5D) to improve stomach position
2. Support belt for stomach
3. Alcaroid
4. Violet ray
5. Balanced diet
6. Neuropathic massage

COMMENTS: Note pelvic etiology with spinal lesions and digestive upsets. Abnormal stomach position was noted in this reading. Also note headaches were just before monthly menstrual periods. A background report states that, "For a long time she had suffered greatly with headaches. Her mother, Mrs. [303], feared that she had taken too many B.C. Powders trying to get rid of the headaches, over too long a time."

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277-1 MALE ADULT 2/17/33

ETIOLOGY AND PATHOPHYSIOLOGY: "The distressing influences arise **from two distinct causes**, as we find. One, the high nervous tension under which the body has labored, and does often labor, from the physical standpoint. The **WORRIMENTS** of the body in this direction make for the contributory causes of the disturbances in the physical forces of the body. There are also those disturbances of a specific nature in the **digestive system**, and the effects produced upon same makes for incoordination in this portion of the body. The resultant effects are the easy tiredness that often follows after some unusual activity, or a general heavy conference, when the **vitality seems to have entirely left the body**; a disturbance with the kidneys and the activities of the bladder; the **gases on the stomach that disturb the body, producing headaches** in the reaction of same, and the general disturbance through the normal eliminations – both in the alimentary canal and in the general reaction to the activity of the circulation."

TREATMENT PLAN:

1. Do not eat when worried or under strain
2. Alkaline diet
3. Milk of Bismuth and Lacted Pepsin
4. General osteopathic treatment
5. Steam bath followed by massage
6. General exercise

COMMENTS: Note dual etiology (stress and digestive upsets) with the headaches directly linked to stomach gas.

279-17 MALE 33 2/18/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... under the **stress or strain mentally and physically** through which the body has been passing, there are specifically those tendencies for the various centers along the cerebrospinal system to show contraction through the activities of the **old disorders that arose from toxic forces in the digestive system**, and especially towards the assimilating system. Hence the tendency for the body to become rather soon exhausted by any activity mentally or physically; tired, achy, **and dull headaches that seem to centralize in the eyes and face**; a feeling as of quick pulsations, catchy feelings about the heart."

TREATMENT PLAN:

1. General massage
2. BiSoDol
3. Keep self in balance with attitude of sincerity toward ideal

COMMENTS: Note dual etiology (stress or strain and toxicity in digestive system) producing dull headaches.

291-1 MALE 19 3/4/33

ETIOLOGY AND PATHOPHYSIOLOGY: "Worriments, **and the activities of disappointments** in directions, make for a tendency - with the **poisons in the system** - for the body to rather doubt self and self's abilities; while any reaction from without that produces a stimuli for the better reaction in capacities or abilities of the body will aid the circulation in so stimulating self as to put off these reactions; while any condition that would produce the opposite will bring about nausea in the stomach itself, **little headache between the eyes**, and a general feeling of incapacitation throughout the whole body; a trembling sensation, with the lack of reaction through the extremities or any portion of the body.... At some times back there was a **minor injury or strain to the spinal system**; a wrench, as it were, apparently from a scuffle - or a falling in same, to the **8th, 9th and 7th dorsal centers**. These show little effect externally, but the pressure creates **an impairment to the circulation through the caecum and ascending colon area**; and, with the **accumulation**

of poisons from a poor circulation through the tonsil area where infection shows, the accumulations become specific in the caecum area."

TREATMENT PLAN:

1. Spinal adjustments
2. Simmon's Liver Regulator
3. Balanced alkaline diet

COMMENTS: Note dual etiology (stress and spinal injury) producing systemic toxicity.

303-3 FEMALE 46 3/18/33

ETIOLOGY AND PATHOPHYSIOLOGY: "For, if such is done, (that is, the eliminations and assimilations kept above normal) the **headaches, pains in shoulders, head**, and all those conditions that arise from **toxemia and from poisons in the system** will be reduced."

TREATMENT PLAN:

1. Spinal manipulations
2. Diet to decrease toxicity

COMMENTS: Note systemic toxicity as primary cause of headaches.

315-2 MALE 26 4/20/33

ETIOLOGY AND PATHOPHYSIOLOGY: "While it may not be called wholly an anemic condition, **the lack of a balance through the metabolism** of the system shows for a **weakened vitality** and low resistance throughout the system. Hence the body becomes easily wearied, and the resultant conditions are oftentimes those of loss of appetite, **headaches, feeling of some nausea at times**, and tendencies towards constipation; with disturbances occasionally in the kidneys and the organs of the pelvis."

TREATMENT PLAN:

1. Compound: Podophyllum, Leptandrin, Cascara Sagrada, Senna
2. Fletcher's Castoria
3. Osteopathic general treatment
4. Head and neck exercise
5. Olive oil taken internally
6. Basic diet
7. Alcaroid

COMMENTS: Note general debilitation with poor eliminations. Reports with this file indicate that this man had cold hands and "Pains at base of brain travelling to right eye-temple; quite painful at times."

325-45 FEMALE 60 4/28/33

ETIOLOGY AND PATHOPHYSIOLOGY: "For those conditions where there arises the **fullness in the stomach, the nausea** that arises at times, with a little use of the properties called Bi-So-Dol, this pressure will be relieved and also the tendency for souring of foods or the **lack of digestive force to create proper digestion**; for more of the lacteals will be created to act with the digestive forces. This preparation will also relieve or **remove those tendencies for headaches** that occur from these same forces."

TREATMENT PLAN:

1. Massage with plantain salve
2. Ultra-violet therapy and animated ash
3. Alkaline diet
4. Bi-So-Dol

COMMENTS: Note stomach etiology for headaches with specific treatment (BiSoDol).

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265-11 FEMALE 71 6/7/33

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, conditions-physical are not so good, as these are showing the signs of the stress that is being made on the **heart's activity through the increased pressure**. Hence the tired feelings, the weakness, the tendency for coughing, **the headaches**, the general feeling at times as if the body is separating itself from the skin, a burning sensation oft in the pit of the stomach, and the shortness of breath when there are any exercises that cause any activity of the heart's action."

TREATMENT PLAN:

1. Colonic irrigation
2. Digitalis
3. Electric vibrator treatment
4. Eucalyptol inhalant
5. Body building diet

COMMENTS: High blood pressure was often linked in the Cayce readings to toxic bowel. Hence the bowel cleansing to reduce blood pressure and decrease systemic toxicity.

357-1 FEMALE 31 6/16/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find there are **lesions that exist in the pelvic area**, that have caused - and do cause, through the effects that are created in the system - the greater disturbance.... From the nature of those conditions in the pelvis, these making for pressures on the organs of generation make for a disturbance that takes the form of inflammation without creating a great amount of pus or accumulated refuse forces in specific spots or centers, yet sufficient to use up the vitality of an arterial circulation through the digestive area. Hence those conditions that disturb the activity of **eliminations through alimentary canal** are effective in the system, producing also that tired heavy feeling in the extremities, the character of the **headaches, and the nausea** that is indicated at given periods. And these arise, as seen, at times when they are the least expected - but if notice is taken it will be found that these occur when there is the reaction from **an unusual activity in mental reactions, or excitements**, or any conditions that affect the nerve system as related to the activities of the organs **of digestion; for digestion is very slow**, from the very nature or position of the adhesions and lesions that disturb the body. Hence we find these conditions of the drawing in the **stomach** have made for such a condition as to even tilt or pull the organ itself to a position where it is not only too small but the **position** prevents the natural movements of the activity in digestion, or curdlization in the body."

TREATMENT PLAN:

1. Epsom Salts packs and massage for pelvic pain
2. Spinal massage followed by electric vibrator treatment
3. Bandage to hold stomach in position
4. Basic diet
5. Alcaroid
6. Milk of Magnesia and Milk of Bismuth
7. Charcoal tablets

COMMENTS: Note complex etiology of pelvic lesions with reflex through system affecting digestion via abnormal stomach position.

361-3 MALE 14 6/27/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... a disturbance in the digestive system, with pains occurring at times - first in the lacteal area, again in the left side toward the adrenal gland area or across the small of the back at times, with **dull mean headaches at times resulting from them, as bearing down on top of the head** and blind staggers at times that result, the blood being

called from portions of the system to supply those glands that are creating for the system these necessary conditions."

TREATMENT PLAN:

1. Electric vibrator therapy
2. Cocoa butter massage
3. Atomidine
4. Plenty of fresh air and activity
5. Basic diet - avoid carbonated drinks, eat animal organs for body building

COMMENTS: This adolescent boy was said to be low in vital energy. The headaches were linked directly to the digestive system.

372-7 MALE 58 7/12/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... the tendency for the nerve forces in the system - that supply the impulse through many portions of the circulation - to work not automatically; thus producing incoordination.... A feeling somewhat of nausea from the pit of the stomach, with a tingling or trembling sensation in the extremities of the body at others; at others we find **severe headaches**, and a general let-down feeling all over."

TREATMENT PLAN:

1. Sweat bath with ice on head at all times followed by salt rubdown followed by alcohol massage of spine
2. Blood building diet
3. Enemas

COMMENTS: Note nervous system incoordination to be addressed by spinal massage.

377-1 FEMALE ADULT 7/28/33

ETIOLOGY AND PATHOPHYSIOLOGY: "**In times back, or some years ago**, the body was well shaken up, by some minor (apparently, at the time) **accident**. There was the tendency for the producing of **a tipping of the stomach itself**, and this gradually caused a nervous condition to arise in the system. This being in a manner cared for, the effects rather than the causes were treated.... this has caused an indigestion that has affected, at various times, both **the hypogastric and pneumogastric plexus**. This has at times made a heaviness in the abdominal regions; at **others pains across the back of the neck or top of shoulders, with resultant conditions of nausea as of sick headaches** at times; with some effects in stomach of condition being not only over acid but lacerations in the pyloric end of stomach, while at other times the apparent effect of a fullness in the gastric end of stomach. These effects or conditions, as may be seen, are the attempts of the system (futilely at times) to adjust itself to the varied effects as produced by a disturbed nerve and blood circulation.

TREATMENT PLAN:

1. Osteopathic adjustments to correct stomach position
2. Radial appliance

COMMENTS: Note injury that caused tipping of stomach, thus reflexes from hypogastric and pneumogastric plexuses producing sick headaches.

381-2 FEMALE 63 8/3/33

ETIOLOGY AND PATHOPHYSIOLOGY: "The causes, as we find, are rather from a **distended colon**, in the ascending and transverse area. This makes for a form of **toxin that disturbs the circulation**, forming gases in the intestinal tract, producing a pressure in the area about the heart; and through this manner disturbing the whole circulation.... (Q) How would we eliminate the **headaches this body has continually?** (A) These are from this same cause."

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TREATMENT PLAN:

1. Enemas – salt and soda first cycle and Petrolagar in second
2. Emul-Psylo laxative
3. Spinal massage
4. Sedatives as needed

COMMENTS: Note toxic bowel producing headaches.

385-1 FEMALE ADULT 8/8/33

ETIOLOGY AND PATHOPHYSIOLOGY: "In the NERVOUS SYSTEM do we find the greater cause, and the greater effect, and some specific causes of the disturbances in the body. In the cerebro-spinal system we find, **from the very weight of the body** - the character of activities that have been from time to time, and from **the accumulations of poisons from the alimentary canal, or toxic forces in the system**, centers that have become involved by the accumulations about ganglia and centers, that make for the greater cause of the distresses. These naturally fall into **two characters of affectation**; those that **affect the circulation, from the solar plexus and the lumbar plexus ganglia**; and the **sympathetic, from the cardiac plexus that radiates with the gastric plexus**.... Hence we have segmentations, or segments, that are close in their relative position in the area of the **3rd, 4th and 5th cervical area**, in the **4th and 5th dorsal area**, and out of alignment in the **12th dorsal and 4th lumbar plexus**. These produce these conditions in the body.... **Headaches**, tiredness in the lower limbs, across the hips, through the chest at times as of a pressure."

TREATMENT PLAN:

1. Chiropractic treatment
2. Violet ray treatment
3. Alkaline diet that is blood and nerve building
4. High enemas with salt and soda and Glyco-Thymoline
5. Be helpful to someone, keep an optimistic outlook

COMMENTS: Note obesity as a cause of spinal lesions with reflexes throughout the system and toxic bowel.

388-1 MALE ADULT 8/11/33

ETIOLOGY AND PATHOPHYSIOLOGY: "The NERVOUS FORCES of the body are more often **over relaxed**. Hence other effects, or a contributory cause to: The languid feeling, the **dull headaches, the blurry conditions in the eyes**, the little nausea that disturbs at times, the inability of the body to digest properly; these arise the more often from the low tension - or the inability of assimilation comes from this relaxed condition in the system. The bases, or **the first causes, as we find, are from those conditions that have existed in the colon for some time. There is a condition of plethora in the lower portion of transverse colon, and of the descending colon**. Hence at times, when these are the more severe - and there is the less peristaltic movement of the intestinal system, there is the feeling or pressure around the heart; though no organic heart disturbance, purely a reflex functional one."

TREATMENT PLAN:

1. High enemas
2. Compound: Podophyllum, Leptandrin, Sanguinaria, Senna
3. Fletcher's Castoria
4. Basic diet
5. Violet ray

COMMENTS: Note toxic bowel etiology causing headaches and cardiovascular symptoms.

257-122 MALE 40 9/8/33

ETIOLOGY AND PATHOPHYSIOLOGY: "When the **conditions in the mental and material affairs** are adjusted, that cause the **exhaustion, worry, headache, cold**, the physical

effects will adjust themselves; or if the precautions are taken that we have so oft given in regard to the physical well-being. Without these precautions, we may expect those reactions that will make for the tendencies for an overactive circulation, conditions in the extremities, throat, head and chest, and the disturbances in digestive system."

TREATMENT PLAN:

1. Change lifestyle to reduce stress

COMMENTS: This was basically a business reading. Stress contributed to headaches and other physical problems.

408-1 MALE 24 9/14/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... these at times also affect the nervous system, making for a **heaviness at times in the head, little dull headaches**, clogging up of the mucous membranes of the nose; the throat at times giving some irritation, and a general feeling at times (not at all times) of a tingling sensation over the whole body; with feelings or tiredness and irritation to the whole MENTAL outlook of the body.... Those conditions that produce irritation in various portions of the body; as, the **digestive system at times makes for disturbances**, tendencies for a quick pulsation, a heaviness even in the lower limbs and the activities that come from such disturbances.

TREATMENT PLAN:

1. Electric vibrator therapy
2. Eucalyptol inhalant
3. Head and neck exercise

COMMENTS: The headaches apparently were produced from digestive system with other sensory system symptoms.

434-1 MALE ADULT 11/9/33

ETIOLOGY AND PATHOPHYSIOLOGY: "As to the NERVE FORCES of the body, we find these are very good considering the condition that exists in the general reaction of the system; yet **specific centers show such reactions as to cause an improper flow of the blood supply**... (Q) What causes the **headaches**, and is there anything specifically to be done for them? (A) The **lack of the proper flow of blood supply to the head**. When those activities as indicated in the system are such that the mental forces call for the necessary reactions in body, there is the deficiency in elements to supply nutriment - which causes pressures."

TREATMENT PLAN:

1. Radial appliance carrying iodine
2. Basic diet
3. Osteopathic treatment

COMMENTS: Note vasomotor dysfunction related to specific nerve centers.

445-2 FEMALE 62 11/18/33

ETIOLOGY AND PATHOPHYSIOLOGY: "When there are the exhibitions of toxic forces in the body, these also produce at times a **dull, mean character of headache; not often, or over often, but rather bad tastes in the mouth, with a heaviness at base of brain and through the eyes and temple**. At other times there is a tendency for food not to agree with the body, and the body in its mental activities overruling same prefers not to use foods at such times.... In the **colon**, then, do we find the area where in the present the greater portion of the distress arises. In the transverse and descending colon there is the tendency for **engorgement and prolapses in the lower portion**. Hence the activities in eliminations at times do not function normally, and there has been the tendency for the influences to produce **toxic forces in the system**."

TREATMENT PLAN:

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1. High enemas with salt and soda and Glyco-Thymoline
 2. Alkaline diet
 3. Exercise – circular motion of body above diaphragm
- COMMENTS:** Note toxic bowel etiology.

451-3 FEMALE 25 11/21/33

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are tendencies for certain portions of the cerebro-spinal system to give distress, and these **subluxations** that have not as yet been wholly corrected cause over-anxiety at times in the mental. In the physical we have **headaches**; sometimes, with long activity, a sort of nausea; and the indecisions arise from much of the pressure that exists in these areas.

TREATMENT PLAN:

1. Exercises morning and evening
2. Apply fruits of the spirit to others
3. Spinal adjustments

COMMENTS: Note spinal subluxations as source of headaches.

467-1 FEMALE ADULT 12/11/33

ETIOLOGY AND PATHOPHYSIOLOGY: " **At a time back, during a period of menstruation** there was **cold and congestion** in the body, so that the effect to the body was for a contraction in **the pelvic organs**, for the turning of the womb itself in such a position that the nerve influences have tended to keep the organ in this position by the manner of the affectation that has existed and does exist in the body itself. This, then, produces a **severe pain at the periods**, and makes for the effect upon the activity of the kidneys, the organs of the pelvis, and the **character of headaches** experienced. Also there is the effect produced which is contributory to the digestive disturbances in body, the inability for the activities of normalcy through the periods, and the bearing down pains in the lower extremities when being long on feet; the ineffectiveness in creating proper digestive forces for the system, or for the body to be normal in its diet or desire for diet. As to the affectation, this exists in the **11th and 12th dorsal center, reflexly in the 4th lumbar** and a second reflex to **hypogastric and pneumogastric plexus, in the 3rd and 4th cervical area**; these are reflex conditions in the upper portion, and **parts of the digestive system**.

TREATMENT PLAN:

1. Osteopathic treatment for spine and straightening womb
2. Violet ray application for vagina
3. Tonicine
4. Alkaline diet

COMMENTS: Note pelvic etiology with reflexes to spinal centers, especially hypogastric and pneumogastric resulting in headaches. This may have been a case of menstrual headache.

394-4 FEMALE 54 1/6/34

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) From what part of the gastro-intestinal tract does the mucous contained in the stools - come? (A) From the **colon**. (Q) To what is the slight but constant elevation in temperature due, and the increase above this which accompanies **the headaches**? (A) **Inflammation, especially in the portions of the gastro system**, as indicated.

TREATMENT PLAN:

1. Neuropathic treatment
2. Attitude – expectant and optimistic
3. Enemas with Glyco-Thymoline
4. Atomidine

COMMENTS: Note intestinal etiology for headaches. A report with this file contains this question: "To what is the slight but constant elevation in temperature due, and the increase above this which accompanies the headaches?"

443-4 FEMALE 45 1/8/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... the activity of the **organs of the pelvis**, where there has been the tendency for accumulations in the **tubes themselves, especially in the left portion** where this makes for heaviness and the tendency for **headaches** and accumulations that make for the bearing-down pains at times, necessitating the body resting - for it produces distresses in all portions of the system, **affecting directly the nerve forces to head**, to the organs of the body in relation to the hepatic elimination."

TREATMENT PLAN:

1. Suggestive therapeutics
2. Osteopathic treatment
3. Infra-Red therapy

COMMENTS: Note pelvic etiology with reflexes directly to the head. This is a long, complex reading with much detail on applying various approaches to this condition.

321-2 MALE ADULT 1/24/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... as may be indicated from the activities in the **ORGANS** themselves, we would find this in the **9th and 10th dorsal area**; making then for a reaction to the centers to the sympathetic and cerebro-spinal system, that produces in the body-balance that of an uneven reaction.... Hence we have at times a **headache**, a repression, or bearing down across the lower portion of the body - in the hips and the lumbar area; with periods when the foods and the reactions of same do not seem to taste just right or to act with the system as they usually did."

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance
3. Alkaline diet

COMMENTS: Note spinal pressures producing headaches.

515-1 FEMALE ADULT 2/16/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... in the areas indicated in the dorsal, lumbar and coccyx area, produces conditions where there is an upsetting to the assimilating system, so that **foods do not taste normal; they do not digest nominally, or at times things that ordinarily agree at others upset the body entirely; causing a great deal of disturbance with low, dull headaches**, inaction of the liver..."

TREATMENT PLAN:

1. Tonic: Peptotol, Tincture of Valerian, Elixir of Calisaya, Bromide of Potassium, Iodide of Potassium, Tincture of Capsici, Tincture of Stillingia, Essence of Wild Ginger
2. Sweat baths followed by general massage
3. Radial appliance
4. Alkaline diet, easily assimilated

COMMENTS: Note spinal lesions with effects to digestive system and headaches.

530-1 FEMALE ADULT 4/10/34

ETIOLOGY AND PATHOPHYSIOLOGY: "In the **BLOOD SUPPLY** of the body we find there are indications of **toxic forces** being present in the system, and that the eliminations in all forms have been disturbed in the body. There have been those accumulations to such an extent in the **colon** area itself as to make for affectations through the hepatic circulation, and hence the kidneys, organs of pelvis, the digestive system, the liver, the pancreas and spleen are at various times involved in the condition.... But, as indicated from the **character of the headaches**, the periods when there are those effects of easily

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being tired out; shortness of breath at times, with little exercise; heaviness in the abdominal area and dull aches across the lumbar and a fullness in the abdomen at periods - all of these are indications of the disturbances that exist through the circulation in these specific organs... This, as we find, arises from conditions that existed **some two or three; yea, three and a half years ago, when there were certain congestions** that were in effect, acting upon the organs of the eliminations as related to the pelvic conditions ... and there began an **engorgement in the ascending and transverse colon**. With the applications that were made during those periods, and cold and congestion that arose later, the condition moved - as it were - from the right side to the left. And in the transverse and descending curve we find the disturbances more active in the present."

TREATMENT PLAN:

1. Osteopathic massage
2. Colonic irrigation
3. Alkaline diet without condiments

COMMENTS: Note toxic colon as a result of cold and congestion in the settling in the pelvic area.

535-1 FEMALE ADULT 4/17/34

ETIOLOGY AND PATHOPHYSIOLOGY: "Digestive system - nervous temperament of the body, produced by continued irritation, makes for disturbances in the assimilating forces of the body, and those properties that at times react as for betterments at others **produce nausea, headaches**, heaviness in the lower portions of the feet - abdominal area disturbed at times. These are sympathetic, and are of nerve reactions in the body."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Elliot appliance for nasal passages
3. Alkaline diet with foods for better eliminations

COMMENTS: Note digestive etiology for headaches produced by nerve reactions in the body.

531-2 MALE 40 4/25/34

ETIOLOGY AND PATHOPHYSIOLOGY: "In this body we find strains have been wrought **on centers as in the solar plexus area** ... First there was the feeling at times of heaviness after eating, and the inability of a perfect digestion, followed more or less by the inactivity of the eliminations through the proper or ordinary channel of the alimentary canal; **producing headaches at the base of the brain**, pains through the shoulders, that come from a sluggish circulation through the whole body. What produced same? **Incoordination between the sympathetic and the cerebrospinal impulses** for their proper coordination through this physical body under stress and strain. **BOTH physical and mental**, as indicated."

TREATMENT PLAN:

1. Take hold upon that which is eternal - commune with the inner self
2. Learn to play as hard as you work
3. Osteopathic treatment

COMMENTS: This reading began with a long metaphysical dissertation. Note mental and physical etiology with emphasis on spiritual awakening in treatment plan. There is also an interesting discourse on osteopathy: "Seek out, then, an instrument of the curative forces known as the osteopath, that is capable - through the proper manipulations, using the structural portions of the body as the leverage - of stimulating the secretions through the various activities of glands and centers and ganglia along the system to bring about a coordination of the activities of the physical forces within the system itself. And we will find that with a few adjustments - fifteen in number, as we

find, would be sufficient - a balance will be brought about that will be the more satisfactory; if the precautions are taken as to its attitude, as indicated, in allowing self to relax - and to play as hard through those periods of relaxations as it works in those hours of determination to forge ahead in a commercial or material world." This man sounds like a work-a-holic, Type A personality. Note nervous system incoordination with effects through digestive system and headaches. A background report states, "For sometime past, and particularly on rainy days I have felt a pressing pain somewhere near the base of my brain, while often I get headaches and pains in the muscle in the back of my shoulders."

757-6 FEMALE 45 4/28/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... those conditions that have caused or produced the greater part of the disturbance in the blood, in the assimilating system, in the effect of clarifying, are improved; yet there are those reactions that tend to make soreness, heaviness in structural portions of the body even at times, tending for nausea at others, tending for irritations and **heavy character of headaches** at others - which indicate disturbances, and are not easily seen. These may be described as the system attempting to adjust itself under an over abundance of stimuli in one direction without sufficient materials with which to replenish or replace in others. This makes for periods when there is what may be best described as a "gone" feeling, as if there were the fainting away, **lightness in the head but headaches afterwards**."

TREATMENT PLAN:

1. Grape diet
3. Animate ash with ultra-violet or violet ray appliance
4. Infra-red therapy

COMMENTS: A background report states, "I have suffered for the past 20 years with violent headaches in the back of the head at the base of the brain and neck, and behind and over the eyes." See previous readings.

542-1 FEMALE ADULT 5/2/34

ETIOLOGY AND PATHOPHYSIOLOGY: "As to the NERVOUS SYSTEM, the very nature of adhesions from impoverishment ... at times we find a drain somewhat. These are in **the pelvic organs, you see, and in the activity of the intestinal tract**. From the pressure produced there at times these are the effects, through the nerve system and through those reactions that come to the body: **Dull headaches, and these more just above the eyes and through and around the temple to the ear**."

TREATMENT PLAN:

1. Castor oil packs over left ovary and kidney one day, over liver the next
2. Alcaroid and Caroid Bile Salts tablets
3. Osteopathic massage
4. Basic diet - little of meats and sweets

COMMENTS: Note adhesions in pelvic organs with reflexes through the intestinal tract producing headaches.

257-131 MALE 41 5/4/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... the body is not entirely rid of **the congestion nor the tendency for the hepatic circulation to still cause uneasiness**, loss of appetite, and inability to function nominally in relation to the eliminations of the system; producing a feeling of a "flush" and of temperature, **dull mean headaches at times, burning in the eyes**, dryness in the throat, **pains in the shoulder, neck and head**, and still some of that disorder which arises from the

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collection of **refuse forces in the soft tissue and muco-membranes of the throat and head.**"

TREATMENT PLAN:

1. Alkaline diet
2. Upjohn's Citrocarbonate laxative

COMMENTS: Note hepatic etiology for headaches with dull headaches. This was a business reading with some physical advice thrown in.

549-1 FEMALE ADULT 5/14/34

ETIOLOGY AND PATHOPHYSIOLOGY: "As to the elements of the blood supply, we find there are indications of **adhesions** in the torso portion or - more specifically - in the **left portion of the ovaries** there. And this produces inflammation in such a manner that gradually there has been produced a **plethora in the portion of colon** indicated. And this causes that tendency for foods to ferment easily in the duodenum, and for the liver to become torpid in its activity; causing the bile ducts to become rather sedimentary in the effluvia thrown off in the secretions. This makes for the **backing up into the stomach** proper a fullness; a feeling of distention, gaseous formations and the like. These naturally, affecting the system in such a manner, produce the conditions that have been indicated in the blood supply.... In the **11th and 12th dorsal area we find subluxations**, and these have gradually lessened the impulse for activity during the periods of eliminations through the menses ... We also find that the **ORGANS** of the system, as indicated, make for the tendencies for a **character of headaches, that at times makes for a pulsation not only in the head itself but to the extremities and lower limbs - and even the hands and through the shoulders suffer from the repressions produced by the thinned or poor circulation** and the character of the metabolism in the system."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Basic diet
3. Crazy Crystal Water
4. Cod Liver Oil and Russian White Oil taken internally
5. High enemas
6. Attitude of constructive forces

COMMENTS: Note spinal lesion affecting menses producing a plethora in the colon that backs up the rest of the digestive system. Note pulsating headaches to whole system. The mental/spiritual advice in this reading was clear: "Keep the mental in the attitude of constructive forces. See in every individual the body contacts that which is hopeful, helpful. See GOOD in every one! Do not look for others' faults, but rather for their virtues; and the virtues in self will become much more magnified. For that we think upon, that we become. In our mental world we create that which is manifested in our spiritual as well as our material conditions. Keep rather, then, in this attitude: MAY I GIVE PRAISE"

551-13 MALE 36 5/15/34

ETIOLOGY AND PATHOPHYSIOLOGY: "Under **mental stress and physical strain, the muco-membranes of the head** and the throat show reactions that have not been well. This produces also a metabolism that is not in proper accord with the eliminations in such disorders, as to at times make recurrent actions in **the headaches**, the stiffness in body-joints, and a general debilitation."

TREATMENT PLAN:

1. Setting up exercises in the evening
2. Atomidine
3. Alkaline diet with more roughage for better eliminations

4. Keep mind on spiritual aspects of life

COMMENTS: Note effects of catarrh in face and head with mental and physical strain.

416-3 MALE 28 5/27/34

ETIOLOGY AND PATHOPHYSIOLOGY: "There exists, then, in the 3rd and 4th dorsal, in the 5th, 4th and 3rd cervical, some subluxations. In the 3rd and 4th cervical we find a **FORM of lesion, produced by the subluxation**. It is rather the form of a plethora condition, especially or specifically in the right side in the 4th cervical, between the 4th and 5th, and in the 2nd and 3rd on the left side. With the contributory subluxations in the dorsal area, **these prevent a perfect circulation to the sympathetic activity in the organs of the sensory system**. Hence we have the **conditions with the eyes** that make for a tendency of irritation ... we find also in the **dorsal area a secondary reaction to the cardiac portion of the stomach**, so that at times there is the tendency for a very small quantity of food to satisfy the appetite - even though the body may be quite hungry - and there is even felt a fullness. This with the **hypogastric plexus makes for a contraction of the stomach itself**, and if there is the insistency there is the tendency for foods not to digest properly - from the reactions from same in the duodenum, where there is not sufficient activity of the gastric juices of the stomach, or a tendency for a superhydrochloric activity.... This makes for times **when headaches arise, both from the stomach and from the eyes; as from the pressure produced in the cervical area**, as indicated, especially where the lesion has been indicated in the body. At times when under a certain cycle of circulation, from **cold or congestion**, there is a roughness rather in the throat, **and a tendency for the lymph circulation to be impaired through the head**. These effects occur rather spasmodically, and are not continuous.

TREATMENT PLAN:

1. Osteopathic adjustments
2. Head and neck exercise

COMMENTS: Note spinal subluxations as cause of headaches both through the digestive system and the eyes. The osteopathic adjustments were to be as follows: "We would then, through the applications known as the mechanical adjustments in an osteopathic manner, make six to ten corrections and treatments in these specific areas; especially in the 3rd and 4th - the pressure would be from the left toward the right, while in the 2nd and 3rd cervical area it would be from the opposite way and manner; while in the dorsal, where there is a sympathetic condition indicated, there would be the elongating of same and the **RELEASING** of the pressures to such a way and manner as to bring the nearer normal conditions for the body. As to the manner in which these treatments should be taken, as indicated, there should be sufficient for not only the adjustment but for making the association of the corrections to the other portions of the system. For, when there has been a tendency for the flow of lymph, the impulse in the nerve forces, to run counter with the muscular supply as well as the blood vessels to the portions of the system, it is necessary that there be a coordination through a general massage."

274-6 MALE 36 6/1/34

ETIOLOGY AND PATHOPHYSIOLOGY: "There are the tendencies in system, as we find, from the disorders that have been indicated in the **gall duct** area, produced by the system's becoming **clogged from those reactions in the diet** ... A tendency for gas formations; the digestive system upset; poor eliminations; neuritic pains in portions of the system; tendency for the tongue and the throat to be irritated; and a burning in the

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cardiac portion of stomach, with **headaches** at times and the recurrent condition in the mouth, gums, and the like."

TREATMENT PLAN:

1. Drain gall bladder osteopathically
2. Alcaroid and Caroid Bile Salts Tablets
3. High enema
4. General massage
5. Radial appliance

COMMENTS: Note gall bladder etiology with digestive system upsets and headaches. A background report describes the headaches as "almost daily."

313-6 FEMALE 48 6/13/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **stomach proper, this is still somewhat tipped** – and sufficiently so that it gives the tendency for fermentation before digestion, or prevents the reaction of the gastric forces in the system in a proper way and manner. This, with the formations of gas as it produces, is the reflex condition to the throat and bronchi that has been affecting the system through the general strain that has been in the system recently, from toxic forces or malarial reaction in the blood supply from these toxic forces in the body. First the **toxic forces, the reaction to the liver and the elimination**; the toxic forces produced reflexly from the position of the stomach or the fermentations, and these in their reaction produce the **poor circulation to throat and head**. This makes for that tired, depressed feeling; **dull headaches**, languid - not lazy but LANGUID, and the tendency for inertia."

TREATMENT PLAN:

1. Electric vibrator therapy
2. Stomach bandage for stomach position
3. Olive oil taken internally
4. Massage
5. Saffron tea
6. Tonic: Tincture of Valerian, Elixir of Calisaya, Syrup of Rhubarb, Tincture of Stillingia, Tincture of Capsici,
7. Alkaline diet that is blood and nerve building

COMMENTS: Note abnormal stomach position producing toxicity and poor circulation to head.

582-1 FEMALE 48 6/14/34

ETIOLOGY AND PATHOPHYSIOLOGY: "As to the elements of the blood supply, we find toxic forces in these ... Hence the tired heaviness that occurs to the body at times, with the **specific character of headache**, the heaviness in the lower limbs; all produced from these **toxic forces** that have gradually built themselves in this body. In the NERVE FORCES, here we find that which may be said to be the **basic cause of conditions** ... Through the pressure that exists in the secondary cardiac area of the dorsals (which is between the **3rd, 4th, 5th and 6th in the dorsal area**); the specific being between the 4th and 5th centers or segments) there has been produced a **circular lesion**; causing the pressure that has affected the body in this way and manner.... As to the activity of the **digestive system**, here again we find that there is such an activity from the pressure – the lesion in the 4th and 5th dorsal center - as to produce an abnormal effect in the **activity of carbohydrates** upon the system.... This has also tended to produce - through the old condition as described (in the constipation, **engorgement in the colon itself, and a prolapsus in the descending and transverse colon** - when the gases or the fermentation move forward) - a pressure in the area of the right side, that makes for the transverse reaction in the left portion ..."

TREATMENT PLAN:

1. Colonic irrigation
2. Castor oil packs across colon area

3. Osteopathic treatment
4. Radial appliance to 9D and extremities
5. Basic diet

COMMENTS: Note toxic bowel produced by spinal lesions affecting the digestive system resulting in engorgement of the colon.

584-1 MALE 56 6/16/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... through the pressure that is shown in **specific centers in the cerebrospinal system**, there is a tendency for the **reactions in the circulation in the hepatics** to increase the pressure in such a manner as to cause at times THESE effects: **A headache of a specific nature**, a change in the pressure in the heart's activity as to cause dizziness in the body; the same in the reflexes to the organs cause a diabetic tendency to the hepatic circulation.... In the NERVE SYSTEM we find the basis or the seat of the disturbances. In times back there was an injury, not of a great extent at the time but the body at the time suffered from a wrench in the back - the SMALL of the back, though the subluxation that is produced is in the **8th and 9th dorsal area, with reflexes - to be sure - in the lumbar and in the cervical area, through the hypogastric and pneumogastric reflexes**... (Q) What causes the **pain in the eyes**? (A) The pressure as indicated from the subluxations in the dorsal and cervical area, that **prevents the circulation through these portions of the system**. With the removal of the pressure we find that **drainages may be set up so as to remove the pain, and the tendency for the accumulation of drosses in that portion of the body**."

TREATMENT PLAN:

1. Osteopathic corrections and drainages
2. Atomidine
3. Basic diet

COMMENTS: Note vasomotor effects and local toxicity to sensory organs produced by spinal lesions.

596-1 FEMALE ADULT 6/26/34

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) How can she obtain temporary relief from **headaches and sinus trouble**? (A) By the removal of **those pressures on the system that have caused those activities that produce the slowed circulation through the sinus**, and through the upper portion of the body.

TREATMENT PLAN:

1. Sinusoidal treatment
2. Elliot Machine therapy to pelvis
3. Alkaline diet that is body and blood building

COMMENTS: Note vasomotor effects (slowed circulation) to sinuses from nerve reflexes along spine.

598-1 FEMALE ADULT 6/26/34

ETIOLOGY AND PATHOPHYSIOLOGY: "These conditions, as we find, have to do with the functioning of the **organs of the pelvis**, and the relationships the distresses there have to do with the system in the STRAIN the nerve pressures put upon the rest of the body.... from this strain - the tendencies for almost a constant heaviness in the lower part of the abdomen. And constant strain on the activity of the eliminations, as affected by the hepatic circulation, produces - with the **inflammation that is caused in the ovaries** themselves - pressure on the kidneys. Hence bladder irritation, **headaches** that are very depressing to the body.... As to the organs of the pelvis, here - as indicated - we find the greater distress. In times back there was congestion in the genitive system, and those activities of astringents and hygiene that made for that which affected the tissue, that involves the activity of the Fallopien tubes; and THROUGH these brought

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a **dryness to the ovary activity**. With this dryness there has been that tendency of the heaviness and **pain that has preceded and followed the menstrual periods**. It has tended to make for a **position of the womb itself to be out of line, or pulled toward the front**, by the dryness or the adherence of, a thickening of, the membranes of the organs in the pelvis; making for - in the puba and vagina - irritations, and a discharge at times, that become very disturbing to the body.

TREATMENT PLAN:

1. Elliot machinne for vagina
2. Osteopathic massage
3. Emul-Psylo laxative
4. Alkaline diet

COMMENTS: Note pelvic etiology for headaches and possible menstrual headache pattern.

480-8 FEMALE 22 6/27/34

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Please explain the periods first of **pain back of the eyes, then the numbness and tingling sensation at end of fingers, then the headache across top and side of head**. (A) In the cerebrospinal system, as we have indicated, there are definite centers that have been and are affected at particular period of cycle activity, or of conditions that are produced for the functioning of the organs as related to the sensory system and the **IMPULSES** of the body. **Under this stress and strain** there has been gradually built by these impulses that which makes for an **overflow to those centers that sympathetically affect the vasomotor rotations with the sensory system's activity in the brachial and in the activity of the hypogastric and pneumogastric plexus**. These affect directly the organs in head; hence make for the pressures in these portions of the system where the cross activity is indicated, **and affect the circulation through the upper extremities, to the head - which affect the eyes and the various portions of the head, coming THEN through branches from the vasomotor to the 5th ventricle and 5th nerve center**, which is in the temple in its expression and to the top of the head, you see. It is through these, then, that the **sensations act upon the body.**"

TREATMENT PLAN:

1. Osteopathic treatment
2. Tonicine
3. Ventriculin

COMMENTS: This is an excellent description of migraine. Note reference to 5th nerve (trigeminal) and vasomotor disturbance produced by nerve reflexes from hypogastric and pneumogastric plexuses. This woman asked about the nausea associated with the headaches: "(Q) Why is the headache at times followed by the nauseous condition? (A) As indicated, when the nerve trunks are affected these have their reflexes to the conditions in the specific centers from which the hypogastric and pneumogastric affect through the cardiac plexus center in the 3rd and 4th dorsal. That's why the corrections should be here, and they should be made from the right side rather than straight up and down; there's the lateral, then, made from the right side toward the left; for when these are affected they work in sympathy. Hence pull toward the lower portion of the stomach, or from the cardiac to the pyloric end, thus producing - as it were - a sensation of the gastric juices being drawn towards the upper portion. Hence too much hydrochlorics into the lactic portions, and the nausea. (Q) As soon as I am conscious that it is coming on, how can the headache be prevented? (A) By a direct application or treatment to those centers through which this activity is pushing to the impulses of the whole system; that is, to the 3rd and 4th dorsal and 4th and 5th cervical. [8/16/47 See 2345-1 Reports, saying that [480] was completely cured of

migraine headaches via EC rdgs.]" A report with this file indicates that the attending osteopath used this technique with success on Ms. 480: "Was out to [601]'s the other evening and gave [480] a treatment for a headache according to instructions of the latest reading - i.e. simultaneous pressure at 4th lumbar and 1 & 2 Cervicals - and it certainly did the work, with immediate relief. I have used the Cervical pressure before, but never the combination. Said combination is due to be tried on various cases now - tho I realize that it will work only in some cases, or maybe none, as the cause will probably vary, with each case. I'm interested in it's possibilities, too."

600-1 MALE ADULT 6/29/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... there is a **subluxation; which exists in the 9th to 12th dorsal**, and produces these effects from the nature of the pressures that is produced there in the functioning organs; this being in the area from which there is the supply in the greater part to the kidneys and the activity of the **lower hepatic circulation**. . . . When these **are under stress or strain** it is as the **improper timing of circulation through the hepatics, producing headaches of a specific nature**; making for a fullness in a sympathetic gland in the activity of the **circulation of lymph through the head**, the throat, and the nasal passages experience a fullness that comes from this attempt of the body to function through when as has been indicated - there is the **timing of the circulation**. Hence at times (and this is a very good proof) we find there would be **at least three counts difference in the circulation to the head and the circulation to the lower extremities.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. Sinusoidal therapy
3. Tonic: Tincture of Stillingia, Syrup or Essence of Buchu leaves, Podophyllin, Essence of Lactated Pepsin
4. Eucalyptol inhalant
5. Alkaline diet
6. Radial appliance

COMMENTS: Note subluxations causing vasomotor effects to head produced by "improper timing of circulation through hepatics." Note instructions for manipulations to affect circulatory balance: "First we find that we would have the adjustments and manipulations PARTICULARLY in the area as indicated - the 9th to 12th dorsal; corrections, with general massage in the locomotary area - that is, the lumbar, the cervical, and especially in the brachial plexus area, and the hypogastric and pneumogastric plexus, so that not **only the superficial but the internal circulation is made to coordinate**. These we would take at least once to four times each week, dependent upon the necessity of keeping the balance. . . . (Q) How should the adjustments along the spine be made? (A) So that they are made to coordinate in both their lateral and longitudinal after effects, you see. They should be made from (from the posterior) the left to the right. (Q) Should these be made osteopathically or chiropractically? (A) Osteopathically, as we find; for - as we have indicated coordinate the other centers, especially in the locomotary areas, to relieve this pressure in the system."

602-3 FEMALE 41 7/2/34

ETIOLOGY AND PATHOPHYSIOLOGY: "There have been the tendencies for a weakness in the Achillean burse in the foot, which has made for the falling of the support in the right side of same. . . . (Q) Is there a disturbing condition at the back of the neck, **causing headache**? (A) **More from the feet than from the back of the neck**, though the feeling is at the base of the neck!"

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TREATMENT PLAN:

1. Osteopathic treatment of foot
2. Arch support for foot

COMMENTS: This is the most extreme example of peripherical etiology that you will see in these headache readings. See previous readings.

604-1 FEMALE 70 7/4/34

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is a subluxation produced by or through a shock (recent) in the **3rd and 4th dorsal, from the shoulder impaction**, causing the ligaments and tendons on those portions to be in a state of distress internally. This **disturbing, then, the internal circulation** as to the equilibrium of the body, and from the specific nature of same making for dizziness, **headache**, nausea, and the activities that make for the general tenure of temperature in the body."

TREATMENT PLAN:

1. Osteopathic treatment
2. Bromidia

COMMENTS: Note injury to upper spine disturbing circulation (vasomotor) resulting in headaches. The Bromidia was for symptomatic relief from headache pain and nausea: "We would give internally Bromidia in very small doses to overcome the nausea and to make for the allaying of this tendency for the drumming or thumping in the system, that produces the headaches and the reaction to the sensory system. It would be given for the first two or three days about two and a half to four hours apart; half to a teaspoonful in water."

607-1 FEMALE 40 7/11/34

ETIOLOGY AND PATHOPHYSIOLOGY: "In times back there first occurred, with the functioning of the organs of the pelvis, a catarrhal nature produced **from congestion in the areas of the womb**, with the congestion in the ovarian secretions; and with the use of certain character of antiseptics, or severe antiseptics, brought the **tendency of tissue to stricture** - or to thicken in such a manner as to produce irritation; so that at the **periods of elimination through the activity of the menses** there has been brought such a strain as to produce **headaches**, nausea, and pains even through the assimilating and digestive area, as well as sympathetic conditions in the ovaries and the organs of the pelvis proper, in such measures as to produce great distress. This irritation **naturally reflecting itself in the blood supply produces in other portions of the body concurrent or coordinant disorders; as in the throat, the head at times** - where tissue that should be cleansed by an **overflow of the lymph and emunctory circulation** becomes irritated to where there is a dryness and a tendency for severe irritation. Thus **still stimulating a circulation of a nature that makes for even a quicker pulsation, and heaviness in the lower limbs; an aching throughout the body, with hot and cold sensations over portions of the body**. The centers from which the organs of pelvis and the coordinating centers with the brain reflexes act with the general system in their functioning show irritation. Hence we will find at times bearing down pains across the small of the back, through the hips, and the lower portion of the kidney area - ALL become involved in the condition. Thus, when the **menstrual period begins, the high nervous state arises**, with the sympathetic conditions in other portions of the body.

TREATMENT PLAN:

1. Violet ray, vaginal applicator for pelvic organs, bulb applicator for spine
2. Osteopathic treatment
3. Alkaline diet

4. Glyco-Thymoline douche

COMMENTS: Note pelvic etiology with extensive descriptions of vasomotor effects throughout system, especially head. Also note association with menstruation that would indicate menstrual headaches.

421-9 FEMALE 24 7/12/34

ETIOLOGY AND PATHOPHYSIOLOGY: "There should have been more thorough, and a **more PERSISTENT and consistent, carrying out of the massage for the lower limbs and the feet, as indicated**, which would have taken a great deal of the strain off the body; that is now, from the activities and the necessity of being on the feet and limbs oft, making for a **pressure in the lumbar-sacral areas as to cause headaches**, bearing down pains across the small of the back, heaviness in the stomach, especially of mornings - as of bad taste, and fullness in the system; heaviness through the lungs at times, and wakefulness at certain periods when the body doesn't rest as well as it should; not rested when it awakes from normal sleep. These are pressures in the nerve system, you see.

TREATMENT PLAN:

1. Massage for lower limbs and feet
2. Ventriculin
3. Electric vibrator therapy

COMMENTS: Note failure to carry out previous treatment plan and effects from lower spine to head.

613-1 MALE ADULT 7/23/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find the effects of an **overacidity in the system, this affecting the hepatic circulation, producing at times poisons** in the system that are not only toxic but at times have been uremic in their nature; hence, with the pressure that is produced, disturbing the metabolism as well as the katabolism of the system. These effects are indicated in many varied ways in the system. The loss of vitality; **tendency for headaches; burning eyes**; heaviness in the feet and lower portions of the body; with the shortness of breath even with a great deal of exertion, this being affected through the respiratory system and to the pulsations, naturally, of the body itself. In the NERVOUS SYSTEM, or systems, as we find, has been the basis or cause of the disorders in the body ...there has been a **subluxation in the 7th and 8th dorsal area**, that first made for the inefficiency of the system to supply the proper amount of **nerve energy for the digestive forces** of the body ..."

TREATMENT PLAN:

1. Basic diet
2. Milk of Magnesia
3. Milk of Bismuth and lactated pepsin
4. Osteopathic manipulations

COMMENTS: Note effects of systemic toxicity traced back to spinal subluxation which affected digestive system and hepatic circulation.

4633-1 FEMALE ADULT 7/24/34

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **headaches**? (A) The pressure as produced by the **improper distribution of assimilated forces**, you see. It arises from the **improper fermentations**, then, through the activity of those forces that have been indicated. Sometimes when the headaches are very severe, we find that a general massage - or local application of heat with massage - at the 2nd and 3rd cervical or the 9th dorsal will relieve same... (Q) Which organ in the body is not functioning properly? (A) The pancreatic activity, as affected with the liver and spleen, you see."

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TREATMENT PLAN:

1. Basic diet
2. Tonic: Garden Sage, Ambergris, Syrup of Saccharin, Cinnamon Water
3. Walking in the open
4. Massage

COMMENTS: Note digestive system etiology.

480-9 FEMALE 22 7/26/34

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **painful cyst at base of spine**? (A) As we have indicated, there was an **incoordination between the sympathetic and cerebrospinal nerve energies** - described as existing in the **lumbar and sacral area**; and caused those disturbances ... as the **headaches, the painful menstrual periods** - at times the scant flow and at others too great a flood area or activity."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Sinusoidal treatment
3. Iodex and animated ash massaged into cyst

COMMENTS: Note systemic effects of spinal cyst at base of spine.

623-3 FEMALE ADULT 8/3/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are still those conditions which cause throughout **the alimentary canal, and especially in portions of the colon area**, the disturbing effects. While these have been greatly relieved in some respects, there are still those reactions in the organs of the body that cause or produce a great deal of the strain and the tendencies for the fermentation of those things taken into the system, where the digestive forces of (or juices of) the pancreas, spleen and from the gall ducts do not assimilate in the duodenum; producing then an **acidity there that sets up the inflammation that causes the portions in the jejunum and more specifically in the colon to continue to be in the positions that produce nausea, headaches**, heaviness, bearing down pains in the organs of the pelvis..."

TREATMENT PLAN:

1. Castor oil packs over liver
2. Alcaroid and Caroid Bile Salt Tablets
3. Milk of Bismuth and Lactated Pepsin
4. Enemas
5. Diet - liquid or semi-liquid to cleanse system

COMMENTS: Note inflammation in alimentary canal produced by hyperacidity.

629-2 FEMALE ADULT 8/8/34

ETIOLOGY AND PATHOPHYSIOLOGY: "The BLOOD SUPPLY indicates a disturbance in the circulatory system, and poisons - **toxic forces; both from a poor circulation in the alimentary canal and toxic forces of a more severe nature that arise from poor eliminations and a disturbed activating force in the kidneys**. Hence a uremia of a nature that makes areas of irritation in the superficial or capillary circulation, even to the exterior portions of the body. The attempt of the circulation in this portion to remove poisons; yet making for the tired, unsatisfactory feelings, **headaches**, nausea somewhat, at times bearing down pains through the pelvis, the lymphs and feet at times giving trouble, cold in the extremities at times while at others there is an **undue circulation** - and the taste in the mouth at times is unsatisfactory, **dull headaches** resulting; tiredness in arms and lower limbs, pains especially through the right side of the torso or body."

TREATMENT PLAN:

1. Compound: Podophyllum, Leptandrin, Sanguinaria, Cascara Sagrada, Dover's Powder
2. Lemonade if compound produces nausea
3. Fletcher's Castoria
4. Basic diet
5. Osteopathic manipulations

COMMENTS: Note dull headaches produced by toxicity from bowel and kidneys.

634-1 FEMALE 53 8/17/34

ETIOLOGY AND PATHOPHYSIOLOGY: "Head, neck, throat, in the antrum and the soft tissue we find the effects of a **poor circulation**, so that the congestions there have made for those effects as of tissue becoming active in itself through the **lack of elimination of the used forces**. Hence **pains and accumulations there that have arisen from poisons accumulating** in various portions of the system. These directly from the poor circulation in the throat AND antrum becomes as BURNING and as drying, and thus cause distress to the body.... The activities throughout the alimentary canal are changeable. Very sensitive at times; at others incapable of getting any cathartics to create sufficient of the **lymph circulation** to start the activity or to excite same. Hence we have **all the lymph glands - nominally free of their proper circulation**. Hence we have at times in portions of the exterior portion of the body very great itching, and at other times we have burning sensations in portions of the system; at other times we have hot and cold flushes over the body; **headaches on top of the head**; bearing down pains throughout the whole system.

TREATMENT PLAN:

1. Atomidine
2. Epsom Salts baths
3. Colonic irrigation
4. Olive oil taken orally
5. Lymph and white blood building diet
6. Eucalyptol inhalant

COMMENTS: Note lymphatic dysfunction in soft tissues of face and alimentary canal resulting in disturbances in the superficial circulation.

639-2 FEMALE 63 8/21/34

ETIOLOGY AND PATHOPHYSIOLOGY: "**Torpidity of the liver. Bad taste in the mouth** at times, especially of mornings and at others after certain kinds of meals. Aching through the feet, through the limbs, and in portions of the shoulders and arms. Tendency for **dull headaches. Burning in the eyes**. Pains through portions of the abdominal area. Burning sensations at times with the urine and the activity of the kidneys and bladder. Heaviness through the abdominal area. Choky, sticky feelings at times in throat and head. All of these are the effects of **improper eliminations**. Not only through the alimentary canal but through the respiratory system, through the kidneys, through the perspiratory system, and even in the breath at times. All of these show. These are effects, not causes. The CAUSES are from the repressions in some portions, or many portions of the system; for the **stress and strain** under which the body has labored for some time is as much a contributory cause as any other ONE thing. Not merely an attitude of mind, BUT with the **attitude of mind, or repression, has brought - and gradually creates - repression in the sympathetic reaction to the vital energies in the body; thus producing the excess of dross in the system**.

TREATMENT PLAN:

1. Toris Compound with simple syrup and Spirits Frumenti
2. Alcaroid
3. Calomel and Colocynth tablet for bile duct

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4. Fletcher's Castoria
5. Diet – less starches, more fruits and vegetables
6. High enemas

COMMENTS: Note liver etiology with dull headache, burning in eyes and bad taste in mouth. Also note psychological aspect with “stress and strain” and “repression” in the mental attitudes with effects through the sympathetic nervous system producing drosses in the system.

389-6 MALE 56 9/3/34

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, some of those conditions - notably the **pressure in the circulation** and the **tendency for the filling of the blood vessels in such measures and manners as to produce a plethora** in the activity of same - have occurred in a specific way and manner. Hence those periods of semi-consciousness that have existed, and the **pains in head, side**, and the inability of the body in some directions to control the locomotaries - or **the feeling of the prickly sensation in a portion of the shoulders and face and side**. All of these are the effects, as we find.

TREATMENT PLAN:

1. Laxative (unspecified)
2. Massage away from head with specific oils
3. Olive oil taken internally
4. Moderate exercise outdoors
5. High enemas

COMMENTS: Note vasomotor effects with toxic colon. This is also emphasized in a question about how to relieve headaches: “(Q) What will relieve the **terrific headaches** when they occur? (A) The better will be to rub the lower portion of the head, or the upper portion of the neck and down the spine **and away from the head; rubbing the blood away from the head**, you see, with those properties indicated. Using the **high enemas to relieve the pressure here will relieve headaches**, too.” Here are the specific massage instructions: “We find that it would be most helpful and beneficial to massage over the lower portion of the head, the neck, and especially over those portions of the body where there has been contraction in the side and in the spinal area - as in the lower cervical, the upper dorsal areas specifically, (always massaging **DOWNWARD**) with a compound prepared in this manner: To 1 quart of Kerosene, add: Oil of Cedar.....1/2 ounce, Tincture of Benzoin.....1/4 ounce, Russian White Oil.....2 ounces, Witchhazel.....2 ounces. These ingredients will tend to separate, but shake the solution well together before pouring out a small quantity into an open vessel to be massaged into the portion of the body as indicated.”

652-1 FEMALE ADULT 9/6/34

ETIOLOGY AND PATHOPHYSIOLOGY: "The regurgitation in the stomach, nausea, a little temperature, quickness of pulse, lack of appetite, the hot and cold sensations are the effects of this clogging in the system produced by an acute condition in the **colon, as reproduced by the congestion in the liver area.**"

TREATMENT PLAN:

1. Tonic: Tincture of Valerian, Elixir of Calisaya, Tincture of Stillingia, Syrup of Ipecac
2. Tonic: Limewater, Cinnamon Water, Iodide of Potassium, Bromide of Potassium
3. High enema
4. Caroid and Bile Salts
5. Osteopathic manipulations
6. Hot salt pack to back of head for headache, etc.

COMMENTS: Note colon etiology produced by congestion in liver. The condition is acute. For immediate relief: “Also in the present we would apply a hot salt application to the back of the head, for the relief of the strain produced by the inclination for heaving or vomiting, and to relieve the **headache** and strain on the eyes.” The osteopathic manipulations are intended to have the same effect: “We would then, in the third day, begin with the manipulations that will relax the body; not only from the congestions in the upper dorsal and through the cervical but specifically in those ganglia where the hypogastric and pneumogastric cross.”

667-1 FEMALE 19 9/21/34

ETIOLOGY AND PATHOPHYSIOLOGY: "Digestive system and the organs of same, as we find, is the **seat of disturbance** - and those conditions that cause the periods when there is intense **CRAMPING** and hurting across the area of the diaphragm and across the lower portion of the liver and spleen area. These, as we find, arise from the **excess of acidity** in the system, that has been a gradual building up of same owing to the poor digestion that has taken place, and the tendency for **regurgitation of hydrochlorics** from the lower portion of the digestive area throughout the duodenum - to regurgitate into the stomach proper. Hence we have **lacerations in the stomach, near the pyloric end**. We have also the **POSITION of the stomach ITSELF as a primary cause of the disturbance**. A tendency for the **lack of proper eliminations through the alimentary canal**. A slow or very **low activity through the liver** and the secretions from same themselves producing at times very **bad tastes in the mouth, headaches, the excruciating pains through those periods when there are the other eliminations from the body through the activities of the genitive system** [menstruation].

TREATMENT PLAN:

1. Yellow saffron tea and slipper elm bark water
2. Alkaline diet that is blood building
3. Olive oil taken internally
4. Massage with electric vibrator
5. Bandage support for stomach
6. Patience and persistence

COMMENTS: Note digestive system etiology with abnormal stomach position and systemic hyperacidity. The sluggish liver was cited as immediate cause of headaches with bad taste in mouth. The headaches may have been associated with menstrual periods.

675-1 MALE ADULT 9/29/34

ETIOLOGY AND PATHOPHYSIOLOGY: "The **headaches**, the dull languidness, the pains to portions of the body; as specifically in the feet, in the side, throughout portions of the system, from these accumulations in muscular forces at times, are all effects of the **lack of eliminations....** (Q) What brought about this condition? (A) **Debilitation from the poor eliminations. Overtaxation. Too much work, not enough play.**"

TREATMENT PLAN:

1. Crazy Water Crystals laxative
2. Tonic: Essence or Tincture of Wild Ginseng, Essence of Indian Turnip, Tincture of Stillingia, Fluid Extract of Yellow Dock Root, Elixir of Calisaya, Tincture of Capsici
3. Basic diet
4. Steam bath and massage

COMMENTS: Note poor eliminations and lifestyle imbalance.

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635-5 FEMALE 52 10/2/34

ETIOLOGY AND PATHOPHYSIOLOGY: "In changing the eliminations through the alimentary canal, to relieve those pressures from the activities of a **congestion in the ducts of the digestive area, or the bile ducts, the gall ducts,** the lacteal ducts, the activities in the lobes of the liver, these were to **be distributed by the stimulation of the cerebrospinal system with the vibrator along the ganglia of the system,** see? This produced in the **alimentary canal an assistance towards elimination,** but the **nerve effects or the congestion from those portions that should have had their stimulation for the proper distribution of energy as released from the whole portion of the cerebro-spinal system did not!** Consequently we have, through the ducts of the system, along the cerebro-spinal system, **a contraction to the pineal area - the ducts that run through the medulla oblongata into the portion of the cerebellum itself, that makes for a contraction to the very brain centers themselves."**

TREATMENT PLAN:

1. Abdominal castor oil packs
2. Paint the upper spine (3D to brain) with laudanum and aconite
3. Electric vibrator along spine
4. Hot salt packs across hips when pain is severe

COMMENTS: This woman was suffering from cholecystitis. A previous reading (635-5) had given a complex treatment plan for cleansing the gall bladder and alimentary canal. In addition to the standard therapies such as abdominal castor oil packs and laxatives, she was advised to use an electric vibrator along the spine to distribute energies in the nervous system. She could not obtain a vibrator but did do the rest of the treatments. Her gall bladder pain was relieved but she noted "... I don't believe I've ever suffered more intense pain in head than I did for several days afterwards." Observing the lack of total compliance to the treatment plan, Cayce insisted that the following statement be included with each reading: "This aside; but make it in big notice for all to whom you send information: **EITHER DO ALL THAT IS SUGGESTED THROUGH SUCH INFORMATION OR DON'T DO ANY OF IT,** for you may bring detrimental conditions to yourself - even as this body has!" From the Cayce perspective, the pineal is not only an endocrine gland, but a system within itself with nerve associations along the spine as alluded to in this reading.

687-1 FEMALE ADULT 10/10/34

ETIOLOGY AND PATHOPHYSIOLOGY: "The BLOOD SUPPLY indicates ... that the circulation in various portions of the body **is impaired by the activity of the accumulations from a lymph coagulation** that makes for **pressures in the system** ... The reactions to the organs of the **sensory system are at times impaired by the lymph circulation through head,** throat, nasal cavities ... In the glands we find (as in the **thyroid**), through the lack of the elements necessary for the production of the hormones to produce activity in the glands for the proper elimination, there is the tendency for **the accumulations of the lymph in portions of the body;** as in the nasal, as in the throat, as in the bronchi ... we find the glands in **the lacteal ducts** ... become disturbed; producing bitterness in the taste, tendency for the excess of swallowing, the nausea at times. At such periods we find these are the regurgitations from lack of activity in the lacteal gland ducts. These produce, then, in this area, a **plethora through the lymph attempting to accumulate,** and produces a pressure across the diaphragm area. This makes for the tendency for lack of activity through the peristaltic movements of the intestinal tract or the eliminations, and we have a reaction in the **circulation that adds to the lymph in the head's activity...** (Q)

Will the treatments as outlined relieve the **severe headaches?** (A) The **severe headaches come from the conditions in the head from the accumulations in the portions of the system as indicated.** By the use of the inhalant - the **INHALATIONS** will almost relieve of themselves; but the properties to **stimulate the glands, to remove the accumulations that make for poisons,** will **KEEP** them away."

TREATMENT PLAN:

1. Eucalyptol inhalant
2. Tonic: Essence of Wild Ginseng, Tincture or Essence of Indian Turnip, Tincture of Stillingia, Syrup of Wild Cherry, Elixir of Calisaya, Tincture of Capsici
3. Massage along spine
4. Diet - lots of vegetables, little meat
5. Patience and persistence

COMMENTS: Note accumulations in lymph circulation, especially in head that allowed accumulation of toxins.

694-1 FEMALE 45 10/13/34

ETIOLOGY AND PATHOPHYSIOLOGY: "The BLOOD SUPPLY, as indicated, is not always sufficient in its sustaining the **vitality** ... producing an effect throughout the system as of a tired, aching feeling; heaviness in the lower portion of the cerebrospinal system; heaviness across the hips; gas formations; **dizziness in the head; and headaches** that disturb the body.... there are specific centers in which we will find that a **subluxation** or an impingement has added to the disorders - specifically in **the coccyx, the 4th lumbar, and in the 6th and 7th dorsal centers.** To be sure, the reflexes from these - through the **hypogastric and pneumogastric plexus in the upper cervical area** - are rather the indications of the disorders in those portions as indicated ... There has been **an injury to the coccyx end of the spine** that has produced some disorder through the digestive area, through the functioning organs of the pelvis themselves ... The elements of the body, or the divisions between the acid and alkaline, the potassiums and the iodines, have not been kept in balance.... the **lack of proper digestion** taking place."

TREATMENT PLAN:

1. Atomidine
2. Osteopathic manipulations (coccyx and lumbar with coordination to rest of spine)
3. Diet - sufficient to dilate stomach, avoid red meats

COMMENTS: Note spinal injury to coccyx with reflexes along entire spine affecting pelvis and digestive system resulting in poor digestion and assimilation and lack of vitality. Nerve reflexes to hypogastric and pneumogastric could have produced headaches.

703-1 FEMALE 48 10/20/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... there exists in the area of the **6th and 7th and 8th dorsal a form of lesion** that has arisen from pressures created in the torso portion of the body, that has **prevented the whole impulse for the circulation** ... These also, through the **sympathetic reflexes** from this condition, cause a **poor circulation through the head,** when there is the attempt of the body even to rest; such that it becomes weary, tired, with a **dull headache,** burning through the eyes, the mouth becomes dry, there is a tendency for the accumulation of a white froth for the mouth... The activities to the **sensory organism,** through the fluxes, cause at times an accentuation in the activity of the sympathetic to the organs of the sensory body, as a body; in the head, and the activities to the throat and to the **circulation through that portion of the system;** so that we have **fullness felt at times in the ear** - not so much as a hindering in

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the hearing, for it becomes accentuated and keen, while at others there is a **dullness and a tickling or drumming produced there**. Again we have the effects as indicated to the **eyes, the taste** even at times - those things do not seem to be as acute as at other times; and at others **odors** are very offensive to the body that should not ordinarily have been even noticed by the body. These ... are the effect of **reflex conditions**, and are only as an indication of that being given, that these arise from specific conditions that we find causing or producing these **toxic forces in the body.**"

TREATMENT PLAN:

1. Osteopathic adjustments and general massage with specific oils
2. Castor oil packs
3. Fletcher's Castoria
4. High enema
5. Alkaline diet
6. Glyco-Thymoline douce

COMMENTS: Not spinal lesions producing vasomotor effect to head and whole sensory system. Inhibition of circulation by the sympathetics led to local toxicity and various sensory system distortions including dull headaches. Note systemic hyperacidity.

704-1 FEMALE 31 10/21/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **impaired circulation and deflected nerve impulse** through the ganglia of the sympathetic and cerebrospinal in their coordination with the organs that are under active during those portions of the digestion in the body. These conditions usually are followed or preceded (one time it may be one and the other it may be different) by the **headaches, contraction in the throat, the lack of flow of lymph through the circulation to throat and head; the drying conditions in the lymph about the soft tissue in the face; the dilations at times even of the sensory system** in its effect upon the eyes, upon the saliva, upon the glands of the system. The thyroids become affected, too, through these same conditions. These effects, as we see, arise from those conditions as indicated in the **lacteal duct area**, and the reactions to the body are through these same conditions."

TREATMENT PLAN:

1. Castor oil packs over lacteal ducts and left lobe of liver
2. Wet cell battery with gold followed by massage
3. Alkaline diet
4. Be persistent and consistent

COMMENTS: Note dysfunction in lacteal ducts (lymphatics associated with intestinal tract, especially along right side of abdomen) that disturbs lymph circulation in head and sensory system producing headaches.

710-1 FEMALE ADULT 10/26/34

ETIOLOGY AND PATHOPHYSIOLOGY: "For the greater portions of the distress in the present, that arise from the insomnia, the stomach disorders at times, the **sick headaches**, are rather effects or as a sign of disturbance and are not causes but the results of disturbing factors.... For there is a **slowed hepatic circulation**. There would be found on various portions of the abdomen, as in the left side and lower down on the right side, areas of a cold or clammy condition existent there, showing a disturbance in the hepatic circulation. We find at times, **when these periods of headaches occur, there is a faster circulation and a tendency for the poor eliminations, or painful eliminations at periods, that make for an indication of there being disturbances in the organs of the pelvis....** As we find, brain forces are very good. With the natural condition of the circulation being as it has been indicated, there are at periods

disturbances of a lesser degree in the organs of the sensory system, for there is a **slowed circulation through those pressures that are naturally created in the cervical area to the face, the head; though even at times these show flushed conditions, yet at other periods it is as if all the blood in the body is drained from the head itself** - or upper portion of the body. The soft tissues in the face, as in the antrum, as in those portions about the ear, as in those portions in the nasal cavity and the throat, through the adenoid area and the thyroid and the glands of the throat, become involved at times ...

TREATMENT PLAN:

1. Massage and hot salt packs over 9D and lumbar for headaches and digestive upsets
2. Alcaroid
3. Osteopathic manipulations
4. Alkaline diet

COMMENTS: Note vasomotor features associated with slow hepatic circulation affecting head and sensory system. Here are the instructions for the hot salt packs and massage: "First, we would find that when there are those periods of distress, or the **headaches, those periods of depression and the tendency for the filling of the stomach itself, or slowing up of digestion**, relief may be brought by applying the hot salt packs over the 9th dorsal and the lumbar area (coarse heavy salt, heated in bags and applied directly to the body). But it would be better, before the salt packs are applied, to massage into the body - each time before the packs are placed on the body - a combination of properties prepared in this manner: To Mutton Suet that has been dissolved add an equal quantity (by measurement) of Spirits of Camphor and Spirits of Turpentine. Let this congeal, or partially - as it will. Then only massage along the portion or area indicated (that is, in the lower dorsal, the upper portion of the sacral and up as far as the 9th and 8th dorsal), and then apply the heavy salt packs that are heated. Apply these whenever the pains are severe in the back; that is, across that portion low down and up to the middle portion of the back, which comes almost - you see - to the lower portion of the shoulder blades downward. Also apply these at those periods when there is the relief from the drosses in the system's activities. These will relax the body." A background report states, "I suffer with severe periodical headaches and a constant pain in my back."

715-1 FEMALE ADULT 10/31/34

ETIOLOGY AND PATHOPHYSIOLOGY: "There are developments from first a **congestion in the form of neuralgia of the uterus, which congestion was produced by cold - and too cold a douche**, and then the activities when there were the periods of eliminations. This has caused an engorging of tissue. As yet it is wholly of the lymph nature, but affects the Fallopian tubes and **produces inflammation in the ovaries**. Hence it is a source of continued irritation, and affects sympathetically a greater portion of the nervous system - THROUGH same making disorders in the organs themselves. The right area of the ovaries, we find, is more affected than the left; yet all the system is affected sympathetically, producing a **reduction in the vitality of the system**, making for an uneasiness throughout the whole nervous system, causing a form of anemia, irritability, **headaches**, congestion in the stomach, poor eliminations through the alimentary canal, bad tastes in the mouth, congestion of the liver and the activities through the system.

TREATMENT PLAN:

1. Elliot Machine with vaginal attachment, or
2. Atomidine douches
3. Abdominal massage with specific oils
4. Hot salt packs on lower abdomen

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5. Light diet
6. Exercise – walking and stretching

COMMENTS: Note pelvic etiology with widespread systemic effects. This would probably be a case of menstrual headache. The treatment plan option was for either Elliot Machine therapy or the other treatments as a unit.

719-2 MALE 45 11/6/34

ETIOLOGY AND PATHOPHYSIOLOGY: "... there come periods when through the assimilations and the disturbances from those conditions in the activative forces in the **digestive area**, there are disturbances that make for a retraction such that **little or no digestion takes place**, where there is the lack of the proper activity through the lacteal ducts, not sufficient secretions from the gall duct activity, and **the liver becomes clogged**. The body becomes rather sluggish, with heaviness in the feet, dizzy spells at times for the head; **headache**, depression through the various portions of the system.... In the **digestive system** and the reactions from same do we find **the seat or the greater cause of distresses**. Here we find there have been in times back periods of **congestion, that has made for the tendency for lesions; or adhesions** and lesions at times form. Not from ulcerations, lacerations or such ..."

TREATMENT PLAN:

1. Alcaroid
2. Upjohn's Citrocarbonates (laxative)
3. Osteopathic manipulations
4. Sweat baths and massage
5. Sinusoidal treatment
6. Eucalyptol inhalant
7. Alkaline diet

COMMENTS: Note digestive system etiology produced by congestion causing adhesions affecting especially the liver. Also note systemic toxicity and hyperacidity.

739-1 FEMALE 30 11/19/34

ETIOLOGY AND PATHOPHYSIOLOGY: "The BLOOD SUPPLY we find carries in same the effects of **disturbances through the activity of the glands, making for disorders in the eliminations**; thus providing the channels through which the activities in the **eliminating systems become crossed**, so that we have poor eliminations through some portions while there is an excess in the activities through the perspiratory or the outer portion of the body - as in a splotch, and the activities to the system in its general manner. (Q) Does the patient's so called **migraine headaches** come from this faulty glandular condition? (A) They come rather from the **EFFECT of the glandular trouble upon the eliminating system**. We have in a normal body the assimilating and eliminating system as provided for through the **organs of eliminations**; as through **the alimentary canal, the breath, the kidney activities and the functionings of the organs of same and in the female through the action of the menstrual periods**, that make for these variations in the activities of the system. **When these become disturbed they produce, then, a pressure upon the nerve forces such as to produce headaches** – which are as an indication of disturbance in the system, see?"

TREATMENT PLAN:

1. Wet cell battery with gold and silver
2. Osteopathic manipulations
3. Alkaline diet

COMMENTS: Note explicit etiology for migraine in this individual as related to poor eliminations from glandular dysfunction. This could also be regarded as an incoordination of

the eliminating channels. Note four basic channels of elimination plus fifth for menstruating women.

743-1 FEMALE ADULT 1/23/34

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, are the effects that arise from the lack of proper coordination in that which is assimilated and that which is distributed in the physical forces of the body; producing at times the effects of tendons and muscular forces, locomotory activities, becoming taut.... These produce also the effects of a tiring at times to the body from these strains; a **pinched character of headache that is peculiar to the nature itself, making for a centralizing of same in the middle portion of the head**, and causing then an undue form of nervous reactions over the body.... These, of course, are but the indications; though the **subluxation that exists in the 11th and 12th dorsal center** is the basis or cause for the **disturbance to the lacteal duct area functioning in its assimilating from the sustaining forces in the diet** of the body.... As to the pancreas, spleen, liver and the ducts of same, these make for periods when there is an uneasiness rather than pain - and these are the **contributory causes to the headaches of the peculiar type or nature**, that may arise from reflexes; but these are not the causes, as indicated."

TREATMENT PLAN:

1. Gold and soda taken internally
2. Osteopathic manipulations and massage
3. Alkaline diet
4. Do not use sedatives

COMMENTS: Note spinal subluxation causing disturbance to lacteal ducts and digestive organs resulting in poor assimilations. Also note muscular tautness and pinched headaches.

745-1 FEMALE ADULT 11/25/34

ETIOLOGY AND PATHOPHYSIOLOGY: "First, in the BLOOD SUPPLY there are the indications of **poor eliminations** ... arising from the effects of a disturbance had some time ago, where the nature of **congestion has affected the lymph circulation more specifically in the jejunum circulation**. We have from same some perforations that are of such natures that in the circulation they produce blemishes and spots and conditions over various portions of the body ... These are the effects of the system's attempting to throw out those **fluids or influences in the system** to prevent these conditions from being centralized or producing greater disorders or distresses in the system. Hence we have those periods when this only **disturbs the general nervous system**, producing the tendency of a very disturbed digestive body, or causing indigestions for the whole of the body itself; **very violent headaches** that make for periods when the body is upset by same. At other periods the rest, the activities through the **menstrual eliminations**; and causing distresses that have been very disturbing to the physical body.... In the **soft tissue of the face**, these disturbances at times also make for disorders that disturb the body - through the **soft tissue in the antrum and in the nasal passages**. These are the EFFECTS of these conditions when the **circulation is carrying poisons that are as seepages from the conditions we have indicated in the lower portion of the duodenum and upper portion of the jejunum.**"

TREATMENT PLAN:

1. Yellow saffron tea and slipper elm bark water
2. Small doses of olive oil taken internally
3. Radial appliance
4. Alkaline diet

COMMENTS: Note leaky gut syndrome (increased intestinal permeability in duodenum and jejunum) and resulting toxicity

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producing systemic effects including skin blemishes, painful menstruation, congestion in soft tissues of face, and very violent headaches.

751-2 MALE 48 12/14/34

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why do I have these **sick headaches**, which just takes the pep out of me? (A) The **unbalancing in the pelvic axis**. And, as has been indicated, there should be the pressures there; **NOT so much as corrections, but pressures to remove the flexus there along the spine**. It will remove these headaches, and in three to four such treatments not have any more!"

TREATMENT PLAN:

1. Osteopathic manipulations
2. Abdominal support for dropped stomach

COMMENTS: Note pelvic etiology with lower spinal lesions (especially coccyx) and reflexes to cervicals producing headaches. The specific osteopathic instructions in this case are fascinating: "If these are made more on that portion or side, on the right cheek and then the left cheek of the hip, close - as indicated, we will find the disturbance there to the lower END of the coccyx area. Not on the bone itself, but that about the orifice; not close to the glands, but closer to the cheek on either side.... (Q) Are the adjustments I have received by Dr. Dobbins correct so far? (A) The adjustments haven't been made WHERE they are indicated, in the COCCYX area, you see. Do these if you would remove these pressures! These are on the cheek, you see, and about the orifice itself.... Do this, and make these adjustments or these pressures - **NOT adjustments but pressures by REMOVING!** See, it's **only one-thousandth of a millimetre pressure that's needed in the area! This doesn't mean to move a segment in the coccyx, but as a pressure - that will remove the pressure from a cartilaginous surface or area; so that we will take it off the whole axis of the pelvis and the cervicals also - removing the headaches**, and give the flow of the whole system properly. Make three to four such pressures each day. Bend the body over a table, you see, or on hands and knees, or standing straight either; rather than lying prone or on a vertical or lateral table. Let the body be more in a vertical position, see?"

763-1 MALE 45 12/17/34

ETIOLOGY AND PATHOPHYSIOLOGY: "These are the effects, but the causes arise from conditions - as we shall find - in **pressures in the axis of the pelvis** itself. As to the NERVOUS SYSTEM, here we find disturbances both in the cerebrospinal and the sympathetic nervous systems ... become more sympathetic reactions, and we have at others those where pressures are made, and we have an upsetting through **the digestive area when nothing apparently tends to digest properly, while at others there is the tendency for the headaches**, the dull heaviness that comes to the system, portions of the body where the skin becomes very dry and at others when there will be on the feet or hands or portions of the forehead or portions of the neck a cold, damp sweat."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Sweat bath and massage
3. Alcaroid
4. Milk of Bismuth and Lactated Pepsin
5. Radial appliance
6. Alkaline diet

COMMENTS: Note pressures along lower spine (pelvic axis) with reflexes to digestive system.

631-5 FEMALE 37 1/4/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are periods when there are the reactions in the system from the effect of the **poisons and the accumulations** ... The effects from **constipation** make for the disturbance to the whole circulation.... At times when there is cold or congestion, we would use small doses of the Fletcher's Castoria as an assistant for the digestive system - which will relieve **headaches**, pains, and make for sleeping better."

TREATMENT PLAN:

1. Enemas
2. Petrolagar
3. Glyco-Thymoline taken internally
4. Epsom salts baths
5. Atomidine
6. Alkaline diet
7. Fletcher's Castoria

COMMENTS: Note constipation and systemic toxicity as related to headaches and the use of laxatives as treatment.

779-21 MALE 46 1/5/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... with the nervous tension that has existed with the **gradual accumulations of poisons in the system from the lack of the proper eliminations through the alimentary canal**, through the **drosses from cold and congestion**, through the effects that all of these conditions in their combinations have produced in the system, there is a great deal of disturbance through the digestive system and in the organ of preparation for digestion specifically. For with this disturbance there has been produced an **overacidity in the gastric flow**, even at **times regurgitation from the hydrochloric portions of the gastric juices in the stomach proper**. The lactic acid has become very much changed, and we haven't ulcerations as yet - but thickening of tissue, and lacerations, and conditions that are VERY, very disturbing to the body. This **inflammation that is caused there tends to make for these reactions: Dull headaches**, very bad tastes in the mouth; swelling of the lower portion of the tongue or along the esophagus and its action with same at times, or a fullness feeling there; swelling in the hands and feet at times, and all of those effects that arise from poisons from infectious forces being active in the system."

TREATMENT PLAN:

1. Alkaline diet
2. Alcaroid
3. Milk of Magnesia
4. Milk of Bismuth and Lactated Pepsin
5. Nature's Remedy (vegetable laxative)

COMMENTS: Note hyperacidity and poor eliminations producing dull headaches. "(Q) By what name is this condition called by the medical doctors? (A) Acidosis, with that of a lacerated stomach."

780-8 FEMALE 46 1/5/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, as we find, the conditions that disturb the body in the present are **MOSTLY from infectious forces from some teeth** that need not only local attention but some (and it's too bad that some of these are in the front!) need to be extracted. If these will be attended to, and then follow an alkalin diet - with the eliminations kept regular, we will find these tendencies for the swelling of the lower limbs, these pains in the knees, these tendencies for the bearing down pains through the pelvic organs, these **headaches**, the dizziness, the nausea, will disappear!"

TREATMENT PLAN:

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1. Alkaline diet – vegetable and fruit juices
2. Dental treatment
3. High enemas

COMMENTS: Note systemic effects of toxicity and hyperacidity.

710-2 FEMALE ADULT 1/7/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, as we find, while conditions show some improvement in some respects, there have arisen acute conditions from **overacidity, congestion, cold** and temperature, an extra flow of lymph; congestion in throat and bronchi, **inflammation in the head, nasal cavities**, pain or even distress in the lung area. To be sure, these are effects of the **lack of resistance, and the allowing of the body to become overacid** - and subjecting same to the effects of cold, or influenza or flu, or grippe.... (Q) I still have the **intense headaches**. (A) As we find, we will overcome these conditions by the clearing of the congestions first, then by the application of those things that will make for the relieving of the pressures in the greater portion of the body."

TREATMENT PLAN:

1. Hot sitz baths
2. Massage of feet and legs with compound (mutton tallow, turpentine, camphor)
3. Onion poultice for chest
4. Citrus diet followed by semi-liquid diet
5. Eucalyptol inhalant
6. Ventriculin
7. Epsom salts packs
8. Osteopathic manipulations

COMMENTS: Note hyperacidity and infectious agents producing pressures in the body.

464-15 FEMALE 59 1/8/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... conditions that exist in the **lumbar and sacral areas**, where the segmentations are not in alignment with the general structure of the body. So, with a **lack of eliminations, the accumulations of poisons in system** from same tend to make - as in the present - periods when the lower limbs, or ankles and limbs, ache and swell, the knees and hips ache; also there is the bearing down and heaviness through the lumbar area, that becomes at times almost unbearable.... (Q) What should be done for the **severe headaches and aches down through the eyes**? (A) The relieving of **these pressures in the lumbar areas**, by the application of the packs and the relieving of the **pressures through the alimentary canal by the use of the irrigations**, will rid the body of these distressing conditions. And the care as respecting the diet will make for MUCH better conditions."

TREATMENT PLAN:

1. Epsom salts packs and massage with special mixture along lower back
2. Colonic irrigations
3. Expectorant: Horehound, Strained Honey, Glycerine, Oil of Pine

COMMENTS: Note lower spine misalignment with systemic toxicity from bowel. The effect of the expectorant is: "We would prepare an expectorant that will rid the body of cold in the present, and that will aid in the activities through the hepatic circulation and stimulate the liver." A report with this file contains the statement, "I am just plain done for, headaches every day. I have no life, no ambition, no desire to do anything."

516-3 FEMALE 57 1/10/35

ETIOLOGY AND PATHOPHYSIOLOGY: "The **liver being torpid**, there are periods of languidness; or the resultant effects from such conditions manifest themselves in the form of **constipation, headaches**, swellings as it were - in portions of the body.... Through this increase in the physical forces of the body there are poisons and accumulations in the system that make for pressures that disturb the organs through the **sensory forces**, as to make for a gradual increasing in those **pressures in the head and neck**, as to prevent the perfect coordinations either of the vision or the hearing."

TREATMENT PLAN:

1. Spiritual attunement
2. Colonic irrigation
3. Spinal adjustments
4. Basic diet
5. Focus on spiritual development

COMMENTS: Note torpid liver etiology with toxic bowel and effects to the sensory system. The instructions for adjustments focused on anatomical areas and physiological processes linked to headaches: "We would find it most beneficial - in an osteopathic or chiropractic manner - to make corrections and release the pressures in the upper dorsal and through the cervical area, allowing the flow of the circulation to the head, to the throat, and especially through the hypogastric and pneumogastric and the vagus nerves. With drainages set up in such a manner, not only would the vision be materially aided but the auditory influences would be materially helped also. If these are taken osteopathically, we would take them about three times each week for the first three or four weeks; then once a week. If they are taken chiropractically, WITH a massage, we would find it preferable not to make too much of an adjustment at once; but to have a treatment EVERY day for the first three or four weeks."

791-1 FEMALE 30 1/15/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... the effects are disturbances in the **circulation**, in the manner in which **eliminations** are carried on, in the conditions that arise at times in the **digestive system**, and **from the nerve pressures the headaches, the burning of the eyes, fullness in the throat**, the weakness at times in the whole of the body, the tendency for the tired languid conditions that arise, these are all the effects of specific conditions that exist in the system. As we find, there has been and still exists to a great extent a great deal of **scar tissue - with adhesions and lesions**. These have made for specific unbalancing in the axis of the body. But with the **subluxations in the 4th and 2nd lumbar, the 12th, 11th and 10th dorsal vertebrae**, these make for those **repressions in the circulation** producing those effects through the cycle of activity that is indicated.

TREATMENT PLAN:

1. Epsom salts packs for abdominal pain
2. Mild Creolin douche
3. Tonic: Essence of Wild Cherry, Compound Syrup of Sarsaparilla, Tincture of Stillingia, Syrup of Rhubarb, Elixir of Calisaya
4. Alkaline diet that is body-building

COMMENTS: Note neuro-vascular features with digestive system involvement. The specific nature of the adjustments involving the 5th nerve (trigeminal) suggests migraine or trigeminal neuralgia. "We would make the specific adjustments also in such manners as to relieve **the pains in the head, through the 5th nerve, through the vagus nerve through the sympathetic's reaction to the head and the neck.**"

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263-3 FEMALE 23 1/18/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... the greater portion now arises from the effects of an overtaxed nervous system - by **adhesions and lesions in the pelvic organs**. And the ASSOCIATE activities of these make for a great deal of the irritation, the antagonism, the **destructive forces as related to the digestive system**, the quick pulsation, **the headaches that are so violent at times**, the bearing down pains in the lower portion of the pelvis, the limbs aching at times, lack of sufficient blood supply."

TREATMENT PLAN:

1. Alkaline diet that is blood and nerve building
2. Osteopathic manipulations
3. Atomidine douche
4. Stomach support to correct position
5. Hot mustard foot and knee massage for severe headaches
6. Mild sedatives only if needed

COMMENTS: Note pelvic etiology with effects to digestive system. Here are the recommendations for headache attacks: "When the **severe headaches occur** (for these periods will continue until sufficient of the corrections are made), rubbing the feet and knees - or from the knees down - in hot mustard water will be MUCH preferable to taking the sedatives. If a sedative is to be taken, a milder form would be MUCH preferable - such as may be had in the Painodyne or such natures; these carry less of habit-forming properties and are less violent upon the heart's activity through the gastric flows or the cardiac plexus in the system, and less upon the activities of the liver and spleen. One of these should be sufficient, but take them as SELDOM as possible. It is necessary that such be administered under the supervision of a physician."

1068-1 FEMALE 40 11/26/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... the plasm between the white blood supply, the red blood or red blood cellular forces and the leukocyte or warriors in the system, BREAKS UP - as it were - before a COMPLETION of its proper activity. Hence there is brought to various portions of the body those reactions as in this: At times through portions of the mental forces, when there are those continued or strained activities, there comes the reaction as of a **dullness - and then later there may be the recurrence of headaches**, or there may be the pains through those portions of the shoulders, as through the brachial center. Again these may recur through the throat, the larynx, and to the soft tissue of the face at times. **These may produce a stinging pain for a moment**, or it may be relieved by any condition or influence that causes a reaction in the SYSTEM as to produce a greater number of the leuko-cytes or warriors in their flow to those portions of the system - and it may pass on.... These are indications of those unbalanced conditions as we find that arise from a structured condition existent in the **lacteal ducts themselves; those in the right portion as coordinate with the activities from the secretions from the liver, the pancreas, the spleen**. Not so much as a GLAND reaction, but **the inability of the blood cells themselves to form in their proper ratio or coordination through the activities of the system**; though, to be sure, WITH these changes the glands and the organs themselves become involved in the condition.

TREATMENT PLAN:

1. Plain wet cell battery at 9D and lacteal plexus
2. Osteopathic manipulations and massage

COMMENTS: Lacteal duct adhesions were described as causing an imbalance between white and red blood forces. This was a long and complex reading with extensive metaphysical discourses on energies in the body.

804-1 FEMALE ADULT 1/29/35

ETIOLOGY AND PATHOPHYSIOLOGY: "We find the BLOOD SUPPLY low in vitalization and **irregular in the manner of the circulation** to and from the extremities. **This lack of vitality or of the proper numbers in the leukocyte to restore the vital energy, slowing the circulation especially in the deep centers**, makes for a peculiar or unusual condition that **arises when the body rests or sleeps**. **Of morning there is the tendency for the headaches**, that arise from the heaviness that has accompanied the activity of the **blood in its slowing**. Thus the body often feels very much more worn when it should be rested, that when it has been in active force for some time. This is a condition in the **POSITION of the body, which when the body is lying prone tends to slow the circulation** more than ordinarily for the body; yet there are those elements lacking in blood stream.... In the **lacteal ducts we find the greater portion of the disturbing forces**, as also with the glands in the adrenals.... The **digestive system becomes upset at times; which condition apparently does not arise from the headaches nor the headaches from it; yet we do find that there is a sympathetic condition with same**. Also the activities in the eyes, hearing, taste, feelings, the throat - these are accompanying conditions with such disturbances in the body."

TREATMENT PLAN:

1. Atomidine
2. Neuropathic manipulations
3. Violet ray to held in hand
4. Alkaline diet

COMMENTS: Note vasomotor disturbances in circulation with morning headaches produced by posture during sleep. The lacteal ducts in the digestive system were cited with specific linkage of digestive dysfunction with the headaches.

807-1 FEMALE 54 2/1/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... tendencies in the system as an overacid condition, especially in the upper digestive area, that tends to make for irritations through the reflexes in the activity of the **hepatic circulation**, that tends to cause a fullness to form in the abdominal area after eating; also the tendency for belching, **headaches**, or irritations from tiredness after attempting to rest, with **headaches** at periods and an irritable reaction at the least condition that arises; heaviness in the lower limbs, bearing down feelings especially in the right side. There are those actions in the NERVOUS SYSTEM from certain unbalanced conditions in the axis, specifically in the **4th lumbar area, that cause the tendency for the periods of menopause** to have acted upon the body not only as an irritation but to make for the hot and cold influences in the system to affect the body in the indicated ways and manners. In this **unbalanced condition in the nerve system** we find reflexes also in the brachial center or plexus, or in the **hypogastric and pneumogastric in the 3rd cervical** where there is the coordinating with the **5th nerve to the face and the vagus to the throat**; and the activities through these make for the fullness and choking that comes at times to the body. Then, we find these are the general reflex conditions but are making such taxations in the system that the liver, pancreas and spleen are becoming involved in the condition."

TREATMENT PLAN:

1. Atomidine
2. Osteopathic manipulations
3. Alkaline diet

COMMENTS: Note multiple etiological factors including hyperacidity, spinal nerve pressures, menopause, and circulatory imbalances. Note nerve reflexes include the 5th nerve

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(trigeminal) associated with migraine along with hypogastric and pneumogastric in the 3rd cervical.

808-1 FEMALE 27 2/2/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What should I do to help this nervous condition and **extreme headaches** that I have? (A) **The headaches come from or at those periods when the effects of the gland secretions are not assimilated**, and pound upon the nervous system to produce the headaches. But we would equalize same through **equalizing the circulation** in the manner indicated. Not as sediments for the system, but when these headaches come on - attach the Radio-Active Appliance to the extremities and sleep it off!"

TREATMENT PLAN:

1. Diathermy
2. Radial appliance
3. Atomidine
4. Balanced diet that is nerve and blood building

COMMENTS: Note glandular etiology, especially thyroid, producing vasomotor disturbances and headaches.

811-1 FEMALE 39 2/4/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are **subluxations in the axis in the lumbar area, as well as in the 4th and 5th dorsal area**. Hence we have two SPECIFIC conditions that arise from these conditions in the system. While these are not indicated in the present, they may be seen by not only the X-Ray but by the one who would make the corrections in these particular areas.... With this taxation to the nervous system, and with those subluxations in sympathy with the **sensory organism, the pressure to the head produces severe headaches at times; as through the eyes, portions of the temple**, as to make for even nausea. But the **subluxation being in those centers in the upper dorsal, where the sympathetic cardiac plexus is involved, makes for the reactions to the stomach** area itself; while the same subluxations at other times - or at most periods - make for the affectations to the centers that lie between the sympathetic and cerebro-spinal system as related to the **sensory organisms** themselves."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Radial appliance
3. Violet ray used as radial appliance
4. Alkaline diet

COMMENTS: Note spinal subluxations with reflexes to head and sensory system

691-2 FEMALE 34 2/10/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... in the BLOOD SUPPLY we find there is a **tendency towards a lack of the vitality** necessary. Thus there is produced, with the taxations in the system, a nervous reaction that causes the peculiar or **unusual type of headaches**, making for an unnecessary or an **excess amount of respiratory reaction through the nervous system in the form of perspiration in hands, on body, on feet, in a way that arises from the nervous reactions in the body; and arises from the manner of the blood supply in the body**, as we shall see.... in the cerebrospinal system what may be said to be a contributory - yet a direct - cause of much of the nervous disturbance; while those reactions to the **SYMPATHETIC nervous system, as just indicated in the manner it affects the superficial and capillary circulation**, may be said to be the result of the disorder in the cerebrospinal nervous system. We find there **are subluxations in the 12th dorsal and in the 2nd lumbar** which arise from a **congestion in the pelvic organs**, that

have made for an improper position of the organs of the pelvis. Thus an irritation has been produced, and the effect of a great deal of disturbance and suffering at the **menstrual periods**. This, from the **lack of nerve energy and those reactions to same, causes an impediment in the circulation** to the lower portions of the extremities. Thus there is caused a disturbance in the feet and limbs, making for **that heaviness in the head**, at times cramping across the lower portion of the abdomen, and upsetting the digestive system specifically.

TREATMENT PLAN:

1. Osteopathic adjustments
2. Tonicine
3. Electrotherapy
4. Balanced diet that is body building

COMMENTS: Note subluxations and nerve reflexes producing lack of vitality and circulatory imbalances. Also note possible menstrual headache association.

365-4 FEMALE 38 2/27/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Do the **headaches and bilious attacks** come from incorrect eating and what can I do to prevent these? (A) Keep more in the **alkalin reactions and the eliminations**, even though it becomes necessary at times to use the high enemas. This will be the better way to keep away the headaches and reduce those tendencies for the accumulations of too much acidity in the system."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Tonic: Wild Cherry Bark, Sarsaparilla Root, White Oak Bark, Prickly Ash Bark, Yellow Dock Root, Burdock Root, Elder Flower, Buchu Leaves, Mandrake Root, Balsam of Tolu
3. High enemas

COMMENTS: Note hyperacidity and poor eliminations as causes of "bilious" headaches. A report contains the question, "What is the cause of my frequent headaches and always coated tongue?"

846-1 FEMALE 43 3/7/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Digestive area gives distresses at times through the sympathetic reaction in the cardiac portion of the stomach, making for the reflexes or the filling up of the stomach, as it were, so that there is the heaviness occurring across this portion of the diaphragm. Those disturbances in the **gall duct area and lacteal ducts are sympathetic**, though the **sedimentary conditions** that exist there need those stimulations through the circulation and the increase of the **eliminations in and through the alimentary canal to clear the systems of these tendencies for poisons there....** (Q) Until I get better, when I have a **headache** what can I do to relieve it? (A) As we would find, if these are begun we will have very few returns of the headache - which comes from **this heaviness upon the colon and the lacteal duct and the strain on the system**. But when these occur, those of salicylic acid are the better; but keep away from these as much as possible."

TREATMENT PLAN:

1. Sinusoidal treatment (for gall duct and lacteal duct)
2. Osteopathic manipulations
3. Alkaline diet
4. Colonic irrigation
5. Attitude of helpfulness

COMMENTS: Note intestinal etiology for headaches.

848-1 FEMALE 48 3/8/35

ETIOLOGY AND PATHOPHYSIOLOGY: "In the digestive forces of the body, here we find there have been disturbances for

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some time. The tendency even through the **position and the size of the stomach itself is below the normal** and brings for the system then those **headaches**, heaviness, and the tendency for pains through various portions of the system.... In the **transverse and descending colon** we have an **engorgement there, producing a prolapsus in the lower end** ... bringing in its activity some nausea, some **headaches** and a dull, heaviness over the whole system.”

TREATMENT PLAN:

1. Castor oil packs over stomach and left area of colon
2. Colonic irrigation
3. Hot salt packs for pelvic pain
4. Osteopathic manipulations
5. Diet – nerve and blood building
6. Milk of Bismuth and Lactated Pepsin
7. Milk of Magnesia
8. Constructive mental attitude

COMMENTS: Note abnormal position and size of stomach and engorgement in colon as primary causes of headaches.

854-1 FEMALE 24 3/11/35

ETIOLOGY AND PATHOPHYSIOLOGY: "The BLOOD SUPPLY indicates a **very poor assimilation through the digestive system**, as well as very diffused in the secretions from the **glands**; so that the metabolism of the system is very much disturbed ... as indicated in the **thyroid**, as indicated in the **lacteal ducts where we have something of an adhesion or cohesion of the glands** themselves. Also there is very poor assimilation; the activities to the **glands of the pelvis in the adrenal**, those that work for the activities in the functioning of the organs of the pelvis, in and during the **menstrual periods, these do not function normally or properly**; making for at times a very scant and at others very irregular elimination in these directions, and other periods when there is a great deal of continued pain and suffering at such periods, nausea and **headaches** as occur, pains in the right side as well as in the left along the diaphragm area, and especially about the lacteal ducts in the right portion do we find disorders.

TREATMENT PLAN:

1. Atomidine
2. Electric vibrator therapy
3. Violet ray
4. Valentine's extract of liver
5. Ventriculin
6. Radial appliance to extremities except at periods to puba bone
7. Alkaline diet

COMMENTS: Note glandular etiology with poor assimilations and possible menstrual headaches.

751-4 MALE 48 3/20/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is the **cause of the headache** which the body has now? (A) **Acidity.**"

TREATMENT PLAN:

1. Osteopathic manipulations

COMMENTS: Note explicit linkage of hyperacidity and headaches. See previous readings.

865-1 FEMALE 47 3/23/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **lack of a normal or nominally equalized circulation**, owing to the periods or the **menopause** being in the activities of the system. Hence we have periods of **headaches**, tiredness, the feet and lower limbs giving distress through overactivity or of being too quiet in some portions of the cycle of the activity. These are but the effects of the **nervous disturbance** ... those specifically in

the lumbar and sacral area as well as their coordinant relationships in the solar plexus area, as well as in the **hypogastric and pneumogastric plexus as they cross in the upper cervical area** ... The **circulations through the head**, in the nasal cavity, the antrum, the soft tissue in the throat, show affectation by the **lack of the proper circulation**; but with the proper stimulation to those centers that have been indicated, or will be indicated for the correction of the flow of impulse through the nerve as related to those centers or ganglia that may control the activity through portions of the system, these conditions should clarify themselves.”

TREATMENT PLAN:

1. Osteopathic manipulation and massage
2. Violet ray
3. Alkaline diet

COMMENTS: Note vasomotor etiology for headaches produced by nerve pressures along spine, especially upper spine affecting sensory system via lack of circulation. A background report contains the statement, "I have severe headaches, and am very constipated."

881-1 MALE 32 4/8/35

ETIOLOGY AND PATHOPHYSIOLOGY: "In the **soft tissues of the face, the head**, where the disturbances make for reflexes through those from the **pressures in the lower dorsal area**, we have naturally those **reflexes to the axis in the upper cervical - as well as the sympathetic cardiac plexus area in the 3rd and 4th dorsal centers**. These make for the filling at times of this, or the **slowing of the circulation** - as has been indicated – that brings distresses of a sympathetic nature. (Q) Would **chiropractic treatments to the 2nd and 3rd vertebrae** be of any help in this case? (A) These are as **palliative reliefs for the headaches** or those pressures when the **blood supply flows to the upper portion of the body**, but as for removing the cause - no. For the cause exists in those segments as indicated in the **lower dorsal; 8th, 9th, 10th, 11th, and the SYMPATHETIC reaction is in the 1st, 2nd and 3rd cervical** - as indicated. So, **removing the pressure or relieving tensions in the upper cervical area - or the 1st and 2nd segments - would not remove the cause.**"

TREATMENT PLAN:

1. Atomidine
2. Radial appliance
3. Osteopathic adjustments and manipulations
4. Alkaline diet

COMMENTS: Note vasomotor etiology with reflexes from the lower dorsal to the cervical areas resulting in slowing of circulation to the head and sensory organs. Hence correction of the cervical area would temporarily relieve headaches without removing the cause lower in the spine. The headaches would come back requiring regular chiropractic treatment for chronic headaches. Osteopathic physicians of that era were more focused on the whole spine. Note recommendation for "adjustments and manipulations" indicative of osteopathic treatment rather than chiropractic which focuses on adjustment.

893-1 FEMALE 40 4/14/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... when there has been a **stress of ANY nature, either physical or through an over mental activity**, there is caused a **disorder through the cerebro-spinal system - which makes for rather an unusual reaction. For ordinarily the reactions that occur should find their reflexes in the sympathetic rather than cerebro-spinal; so that we have the headaches which come from those periods that cause the reaction in the system from a cerebro-spinal**

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plexus. This pressure affects through **the ilium plexus, at the 4th lumbar and the coccyx centers in the cerebro-spinal and sympathetic plexus area, reflexing through the system.** These conditions then, as we find, arise from an impingement - not an impingement in the form of a subluxation, but more as a contraction in the ilium plexus, radiating to the ganglia in the 4th lumbar and those in the coccyx area. But we have a sympathetic plexus in the 4th dorsal as well as the 3rd and 4th cervical, in the manner in which reflexes to these ganglia become affected."

TREATMENT PLAN:

1. Sun lamp heat followed by manipulations and adjustments of subluxations
2. Radial appliance
3. Stretching exercise (raising on toes and bending forward)
4. Alkaline diet
5. Mental attitude of purposefulness in each activity rather than rote

COMMENTS: Note subluxation and nerve reflexes as source of headache. Also note distinction between cerebrospinal and sympathetic reflexes, in this case the cerebrospinal producing the headache.

303-7 FEMALE 48 4/24/35

ETIOLOGY AND PATHOPHYSIOLOGY: "There needs to be, as we find for the physical forces of this body in the present, the better coordinations through those activities in the **eliminations; making for coordinations of the eliminating centers** of the body, where the stiffness occurs and the **headaches** and those reactions for the **digestive forces.**

TREATMENT PLAN:

1. Tonic: Spirits Frumenti, Elixir of Calisaya, Fluid Extract of Yellow Dock Root, Fluid Extract of Poke Root, Essence or Tincture of Stillingia, Tincture of Capsici

COMMENTS: Note tonic to improve eliminations and digestion.

910-1 FEMALE 32 4/30/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... there arises **the acidity or those tendencies for the lack of the proper eliminations through the alimentary canal** (for these are a portion of the disorders) we find these bring distresses, not only to the general nervous system but the organs. **The liver and the kidneys become involved in the condition, and from same we have a type of headache; pains through the eyes,** heaviness across the lower portion of the abdomen, and across the small of the back at times - aching generally through the whole system - these are the effects of **this poison that AFFECTS the system through the nerve reflexes from pressures that exist in the lumbar area ...** (the 4th lumbar center), the ganglia there show for pressure on same; so that we have those reflexes in not only the sympathetic system but at times the body has the feeling as of people, conditions, noises, surroundings, "**getting on the nerves**" - as it were, and make for general irritations."

TREATMENT PLAN:

1. Osteopathic treatment
2. Alcaroid and Caroid Bile Salts tablets
3. Alkaline diet
4. Constructive attitude

COMMENTS: Note explicit linkage of liver and kidney dysfunction to headaches and pains through eyes. The basic etiology involves pressures at 4th lumbar resulting in poor eliminations, hyperacidity, and digestive upsets. Note psychological effects of nerve reflexes in sympathetic system "getting on the nerves."

919-1 FEMALE 33 5/7/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Owing to strains and distresses that have existed in the **eliminating systems** of the body, there have been those strong properties taken or applied that have made for **an irritation in the lower hepatic circulation,** and for the activities of the kidneys themselves; until we have a **very high nervous tension in the system,** making for **the reflex activity through the sympathetic nervous forces** of the body. And owing to a specific segmentation being subluxed in the **upper dorsal area and in the cervical reflex to same, we have disturbances with the SENSORY forces - or the SENSES of the body; so that the eyes** make for disturbances. At times we find the ears making for not only an irritation and their filling with wax or the secretions from same, but the throat and bronchi at times give trouble in the vocal forces; and a very mean, **dull headache that comes either from the eyes or from the repressions in the sensory forces.**

TREATMENT PLAN:

1. Vinol and lactated pepsin
2. Massage across kidneys: Mutton Tallow, Oil of Turpentine, Spirits of Camphor, Compound Tincture of Benzoin with head from electric pad
3. Osteopathic manipulations
4. Eyewash with alkaline antiseptic (Glyco-Thymoline or Murine Eye Wash)
5. Diet - blood and nerve building
6. Gentle exercise

COMMENTS: Note medication side-effects and spinal subluxation in upper dorsal area with effects to the sensory system resulting in headaches. Note irritation to kidneys and irritation to eyes.

566-4 FEMALE 5 5/9/35

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is the tendency for a **malarial reaction** in the system; by the change in the activities of the body, the conditions, the change in the climatic reactions to the system, and the **BLOOD not THINNED** - as it were. Hence there is caused sickness to the stomach, inactivity to the liver; producing **headache,** nausea for the system."

TREATMENT PLAN:

1. Broken doses of Castoria
2. Massage spine with Mutton Tallow, Turpentine, Camphor, and Compound Tincture of Benzoin
3. Avoid sweets
4. Violet ray

COMMENTS: Note infectious etiology for headaches.

921-1 FEMALE 21 5/10/35

ETIOLOGY AND PATHOPHYSIOLOGY: "The activities of **the nerve pressures that are impinged** cause an abnormalcy, producing in the blood stream an effluvium that causes irritation; preventing at times the proper coordination in the acts of the **NATURAL** reaction from used energies in the system. And the digestive disturbances, the **headaches,** the pains through portions of the body, all arise from these. In times back, when young (not that it's too old now!), there were those **reactions in the ileum plexus** that have made for an exaggeration of its extended activities, that forms a **character of lesion** - or a spreading - that produces, for the organs of the pelvis, the **improper position of the womb** itself; it being **PULLED** to the side and back. This makes for these periods when there is improper elimination through these channels, producing pain and slow activity, irregularity at times, coming too often at others; making at times too great a period between the times or the periods of the activity

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of the organs. This we find also is indicated in the last dorsal plexus, in the **12th dorsal**, as well as in the **4th lumbar**. **These all make for centers where tautness is produced in the system."**

TREATMENT PLAN:

1. Osteopathic manipulations
2. Radial appliance (4L and pubic)

COMMENTS: Note pelvic etiology from childhood injury with nerve pressures and tautness throughout system.

924-1 FEMALE 45 5/14/35

ETIOLOGY AND PATHOPHYSIOLOGY: "We find the BLOOD SUPPLY somewhat **slow in its circulation**, even though the pressure and the activities are abnormal. This, as we find, is produced by more than one cause; a **poor elimination through the alimentary canal that causes constipation**, and **inactivity of the liver** in relation to the excretory and secretive functioning. This produces more of a **pressure in the sympathetic system**... In the NERVOUS FORCES of the body, as indicated, **these pressures seen in the liver reactions - that come to those in the upper dorsal area** - make for a feeling of tiredness under the shoulder blades, back of the neck at times; **low or dull headaches**, with heaviness through the pelvis at other times.... These are the reactions, then, to the **SUPERFICIAL circulation - or to the sympathetic nervous forces in the upper dorsal rather** than segmentations or activities in portions of the cerebrospinal system that affect the central nerve force of the body.... Brain forces are very good. At times there are those tendencies for the **sympathetic effects to the organs of the sensory system**. Hence dullness in the hearing, or at times it is more of a roaring, or a tendency to feel fullness in these portions. At times there is a burning. These are the effects of this **superficial circulatory disturbance as indicated from those pressures in the upper dorsal area."**

TREATMENT PLAN:

1. Tonic: Essence of Wild Cherry Bark, Compound Syrup of Sarsaparilla, Cascara Sagrada, Syrup of Senna, Syrup of Rhubarb, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium
2. High enemas
3. Deep manipulation with electric vibrator
4. Alkaline diet
5. Cold water rubdown of spine

COMMENTS: Note liver etiology with reflexes through upper dorsal to sensory system with vasomotor effects. Also note toxic bowel with poor eliminations. The tonic was especially for the liver, gall bladder and spleen. The recommendations for electric vibrator treatment were specific: "When two-thirds to three-fourths of the quantity of the compound has been taken, THEN we would begin with the deep manipulations that would be given by the **ELECTRICALLY driven vibrator** - RATHER than even the manipulations or adjustments. **For we need the superficial activity**, as indicated. But these should be taken consistently when begun, and taken for at least a period of twenty to thirty minutes each evening for periods of four to five days, then a rest period from same for a few days, then begin again. Take these preferably in the evening as the body is ready to retire, for the body should rest easily after these have been given - and when the body has been cleansed by the use of the compound prepared as indicated. In giving the vibrator treatment, we would begin at the central portion of the body (on the spine) and move downward, and especially over the lumbar area, across the lower portion of the sacral - even down the lower limbs will make for relieving of this tiredness. Then begin at the central portion of the spine and go upward, towards the head; and

for this we would use the cup or the sponge applicator - while for the lower spine we would use the ball, plate or cup applicator; preferably the deeper vibration of the ball or plate at first, followed by the cup applicator." Note importance of superficial activity (sympathetic/vasomotor). " (Q) Why do I have that crazy feeling in my head at times? (A) The poisons in the system not eliminated, and the pressure upon the nervous system as has been outlined."

877-3 MALE 43 5/21/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... condition that exists in the cerebrospinal system, at times under strain - when the body has exercised either physically or mentally to an excess ... Hence the **headaches that arise from conditions existent in the specific centers that AFFECT the assimilating system so as to REFLEXLY cause disturbance in eliminations through alimentary canal**. Also there are **pressures that cause to the head, to the eyes, to the throat, indications of disturbances in the circulatory system**, and - as indicated - at those centers where the vegetative and the cerebrospinal make for specific connections that are in accord or in **sympathetic relationships to the functioning of organs of the DIGESTIVE system**. In other respects we find also the same character of the suppressions; and in other specific centers there is indicated a disturbance with **the organs of the SENSORY forces - as to the ear, to the eye, to the organs of the hearing, smelling, tasting, seeing, speech**. Hence, it is indicated that these are **not subluxations but are in the form of a lesion** - rather an unbalancing along the segments in certain portions of the cerebrospinal system ... in the upper dorsal area (or more specific from the **2nd, 3rd, 4th, 5th, and 6th dorsal**), we will find that these have produced **the tendency for a disturbance in the assimilating forces**, as indicated."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Exercise outdoors
3. Pepsodol, Milk of Bismuth, Essence of Lacted Pepsin, Milk of Magnesia
4. Alkaline diet

COMMENTS: Note dual pattern of headache pathophysiology: digestive system and sensory system (vasomotor) both linked to lesions (not subluxations) in the upper and mid dorsal area of the spine. A background report states, "I quite frequently have very trying headaches which seem to center in the middle of the back of my head."

774-3 FEMALE 76 5/22/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Much of the phenomena is what has been sought, or that is constantly sought by the body, **without sufficient stamina in the coordination between the psychic body and the material or physical body - for its perfect reaction as phenomenon**. Hence we have a pathological or a physical reaction from that which should be an experience that may be made helpful to the body; and may be, if it is builded in the physical and mental reaction as to become so."

TREATMENT PLAN:

1. Spinal manipulations
2. Spiritual attunement
3. Affirmation of protection before and during meditation

COMMENTS: The background information on this reading noted that the woman obtaining the reading "... seeks an interpretation of the strange condition which come to her as follows: A tiny light comes into my vision, vibrating RAPIDLY. It gradually forms a near circle with very brilliant lights zigzagging, gradually disappearing in the upper corner. This lasts FIFTEEN minutes. In a few minutes a headache comes,

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which lasts SIX hours, then ceases. Back of the lights I cannot see. It all comes suddenly, during the night or day. Sometimes there have been two such periods in one day. At first (about nine years ago) it came only months apart; now it comes very often. Please explain just what this is, the cause, the significance, and just what I should do about it." Note similarity to classic migraine with visual aura. The reading acknowledged the physical pathology in the eyes but explained the process in terms of psychic and spiritual dynamics. The woman had a history of blepharitis produced by problems in the upper spine as described in reading 774-2: "... the upper dorsal and through the cervical area ...the circulatory forces to the head and the neck; and especially the centers about the vagus nerves. For branches of these to the hypogastric and pneumogastric make for an association with those activities for a stimulating for the reverse circulation to the head, and particularly to those portions of the iris or eyes." Note that the eye condition was produced by pressures in the upper spine producing abnormal vasomotor (vascular) effects to the head and eyes. Migraine is classified as a vascular headache, hence the migraine pattern of symptoms. The woman had been doing deep meditation. Cayce advised therapy for the pressures in the upper spine to treat the sensory manifestations and headaches, but not abandoning meditation. She should "... rather understand and comprehend same from a spiritual angle. And when such conditions begin, ENTER rather into spiritual attunement with the mental forces than attempting to vision the phenomenon as it appears. And continue with the PHYSICAL applications for the building up of the physical body."

715-3 FEMALE ADULT 6/10/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes **headaches and drawing of muscles in back of neck?** (A) Nervousness from those pressures producing the irritation upon the organs of the system, from **the stomach and the pelvic organs.**"

TREATMENT PLAN:

1. Body-building diet
2. Ventriculin with iron
3. Atomidine
4. Epsom salts packs across abdomen and back
5. Tonic: Essence Wild Ginseng, Tincture of Stillingia, Essence of Indian Turnip, Fluid Extract of Tolu
6. Limewater, Cinnamon Water, Iodide of Potassium, Bromide of Potassium for nausea

COMMENTS: Note explicit linkage of headaches to pelvic and gastric dysfunction.

533-5 MALE 24 6/17/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are still those conditions that produce disturbance through causing a **congestion in the colon and a portion of the jejunum**, this is rather the AFTER effects and is the lack of the entire elimination of adhesions; tending to produce a strained or **colitis condition through the intestinal system** ... causing in the intestinal system gas and nausea at times. This comes usually when the body is resting, yet may appear at **times while under stress or strain; producing a headache** and nausea, and a tendency for weakness throughout the body."

TREATMENT PLAN:

1. 6 – 10 pints of water each day (not cold)
2. Vegetables and citrus juices emphasized
3. Quantities of olive oil

4. Tonic: Elixir of Lactated Pepsin, Elixir of Wild Ginseng, Elixir of Indian Turnip, Elixir of Calisaya, Tincture of Valerian, Grain Alcohol
5. Castor oil packs over liver
6. Deep osteopathic massage
7. Rest when tired

COMMENTS: Note intestinal etiology for headaches.

635-6 FEMALE 53 6/21/35

ETIOLOGY AND PATHOPHYSIOLOGY: "The distentions through the abdomen, the fillings in the stomach, the **headaches, all arise from a distorted circulation poisoned by poor eliminations.**"

TREATMENT PLAN:

1. Alkaline diet with no heavy red meats
2. Alcaroid and Caroid Bile Salts
3. Electric vibrator
4. Osteopathic massage
5. Radial appliance

COMMENTS: Note explicit linkage of headaches to distorted circulation and poor eliminations.

940-1 FEMALE 31 6/25/35

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that, **since the birth of a child**, there has been a pressure as indicated through **the pelvis organs**, or the supplying of the organs with the nerve impulse and the flow of the activities of the circulatory forces through same. These have their inception, or **the pressure is indicated, from the coccyx area; and from the 4th lumbar.** Hence we have the greater disturbance produced in the extremities; so that portions in the feet and in the lower limbs are disturbed, making for swelling, at other times deadening, and at other times we have reactions to the eliminations through the organs of the hepatic circulation. At times there is **a reflex condition produced through the digestive area**; some nausea at times, at others **headache**, at others a general tired and restless condition.

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance
3. Alkaline diet that is nerve and body building

COMMENTS: Note spinal lesions along lower spine with reflexes to pelvic organs and digestive system.

647-2 FEMALE ADULT 7/3/35

ETIOLOGY AND PATHOPHYSIOLOGY: " There are those conditions that would require rather the abstinence from starches and sugars, especially sugars. These have made and do make, with those tendencies, this heaviness in the circulation, this condition that disturbs through the activities of the **kidneys**; the nausea and the dizziness that arise, with the **headaches** that make for disagreeable conditions, as well as those tendencies for the roughness in the circulatory system on the surface in portions of the body."

TREATMENT PLAN:

1. Avoid sugars (except honey in the comb) and starches
2. Colonic irrigations

COMMENTS: Note digestive etiology produced by excessive sugars and starches in diet. Also note kidney dysfunction; uremia was cited in this reading.

554-10 MALE 51 7/8/35

ETIOLOGY AND PATHOPHYSIOLOGY: "The **BLOOD SUPPLY** indicates there are **toxic forces** being left in the body. And these are producing, by their reactions upon the nerve forces

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(and the activities in the body), a contributory condition to that shortness of breath, the pains that occur in the pit of the stomach, as around the heart at times; that fullness which occurs in the throat, the character and **kinds of headaches that come or arise at periods**. This dull heaviness, lack of pep or vitality, tired aching through the hips and the lower limbs; these are effects in different ways that are experienced by the body from this toxic force."

TREATMENT PLAN:

1. Take time for recreation
2. Colonic irrigation
3. Steam bath followed by rubdown with salt
4. Alcaroid
5. Basic diet – no fried foods

COMMENTS: Note systemic toxicity as cause of headaches.

389-7 MALE 57 7/23/35

ETIOLOGY AND PATHOPHYSIOLOGY: "There are still **poisons in the system from the toxic forces** that arise from pressures in portions of the cerebrospinal system; causing stiffness in the extremities, **very severe headaches and burning in the eyes, pressures on the top of the head**, and dizzy spells at times.... (Q) Are the **eyes causing any of the headaches?** (A)

In part. Do as indicated; then, after the full outline of treatments has been followed, have glasses adjusted.

TREATMENT PLAN:

1. Osteopathic manipulations for drainage
2. Basic diet
3. Alcaroid and Caroid and Bile Salts

COMMENTS: Note toxicity as primary cause of headaches and eye problems. The eye condition is expected to improve with general treatments as recommended. See previous readings.

976-1 FEMALE 56 8/22/35

ETIOLOGY AND PATHOPHYSIOLOGY: "The conditions producing these disturbances, as we find, arise from what may be termed the **after effects of a congestion produced by "flu," or a congestion** of such a nature, that **settled in the caecum and the colon area**. First there was brought about then an upsetting of the stomach; **headaches**, and the inflammation about those activities of the kidneys ... In the **liver, the kidneys**, the disturbances are the greater; because those activities from the inflammation and the congestion ... as naturally the inflammation through the pelvic areas tends to make the organs of the pelvis become SYMPATHETICALLY involved. **Thus we have (as natural from an upset stomach) headaches, from those conditions existent in the stomach**. Hence the organs of the pelvis ache, or there is a feeling of fullness; yet the **CONDITIONS** are arising from other portions of the body."

TREATMENT PLAN:

1. Tonic: Strained Honey, Essence of Wild Ginseng, Essence of Wild Ginger, Tincture of Stillingia, Essence of Indian Turnip, Tincture or Essence of Buchu Leaves, Elixir of Calisaya
2. Watermelon seed tea
3. Massage across liver and kidneys: Mutton Tallow, Spirits of Camphor, Spirits of Turpentine, Tincture of Benzoin
4. Hot salt packs over same area
5. Basic diet with little of sweets and starches
6. Persistence

COMMENTS: Note infectious etiology affecting colon resulting in multiple systemic effects. Note explicit linkage of headaches to stomach.

642-2 MALE 44 8/23/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Will you describe the contributing causes for my **frequent headaches**, their effect upon the body, with suggestions for treatment? (A) **The headaches, as we find, arise from the nervousness** - a great deal - as produced generally through the system by the tendencies **for scar tissue in lungs, in the abdominal area, to upset the stomach**. The body becoming then **toxic from the conditions makes for the dull, nervous headaches** that arise; making for **pressures specific upon the nervous system in the secondary cardiac and throughout the hypogastric and pneumogastric plexus area; or in the upper dorsal and through the cervical area**. These are the sources, as we find, for this general disturbances."

TREATMENT PLAN:

1. Alcaroid
2. Osteopathic or chiropractic treatment
3. Diet – principally fruit, vegetables, fish and game
4. Postive mental attitude

COMMENTS: Note toxicity producing dull, nervous headaches via nerve reflexes in upper dorsal and cervical areas (hypogastric, pneumogastric and secondary cardiac).

979-7 FEMALE 65 8/23/35

ETIOLOGY AND PATHOPHYSIOLOGY: "There is the tendency, as we find, to revert toward old disturbances; with the body allowing itself to become **toxic from lack of proper eliminations** and the lack of proper balance in that given the body to work upon. Hence we have **the settlings of poisons or refuse forces that should be eliminated by the regular circulatory forces**; causing dullness in the activities, **headaches**, upset stomach at times; tired, dreary feelings, as it were, about the body."

TREATMENT PLAN:

1. Vinol and Elixir of Lactated Pepsin
2. Alkaline diet
3. Lemon juice

COMMENTS: Note systemic toxicity as cause of headaches and general malaise. The lemon juice therapy was for alkalizing the system: "Upon arising of morning, take a lemon, roll it, squeeze the juice from one-half of it into a glass (strained). Then fill the glass with water that is about ninety-eight temperature. Drink this, about thirty minutes before the meal is eaten. Do not eat unless this has been in the system for at least thirty minutes. It will tend to make for an alkalizing of the system in a very thorough manner, and will aid in overcoming the general tendencies."

977-1 FEMALE 43 8/24/35

ETIOLOGY AND PATHOPHYSIOLOGY: "There is an **adhesion or a lesion in the lower portion of the duodenum, or near unto the EMPTYING of the duodenum**, rather than in the stomach; though the stomach gives distresses. Also acute pains occur across the lower portion of the pelvis and across the lower portion of the pelvis and across the back, especially; **severe headaches; drawing in the back of the head; and these make for the hallucinations** that occur as a reaction to the body.

TREATMENT PLAN:

1. Continue sedatives in reduced dosages
2. High enema
3. Milk and grape diet
4. Grape poultice for abdominal pain
5. Osteopathic or neuropathic massage of spine

COMMENTS: Note intestinal adhesions with reflexes to head and psychotic features.

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462-6 MALE 51 8/29/35

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, would be only in keeping the **necessary alkalinity and making for a proper reaction in the gastric flows** in the system; which may be had from the diet in some specific manner.... it would be well to take Alcaroid occasionally to make for the more perfect digestion. Do not take this regularly, but only when there is the feeling or the appearance of too much fullness after meals, or a heaviness through the torso **with dull, burning headaches** - which at times occur, or a heaviness in the base of the brain and a stiffening in the shoulder."

TREATMENT PLAN:

1. Alcaroid
2. Alkaline diet

COMMENTS: Note gastric hyperacidity as producing dull, burning headaches.

998-1 FEMALE 54 9/11/35

ETIOLOGY AND PATHOPHYSIOLOGY: "In times back there were disturbances in the eliminations **through constipation and then a tendency for these to be exaggerated through cold, congestion, and an intestinal flu....** So we find in the **transverse colon** and the descending colon there is this condition. The **engorgement is in the transverse**. Hence the distress that is felt at times in the side and across the abdomen. The prolapsus begins in the descending, or curve of the descending colon; so this on the left side makes for the pressure against the circulation to the heart's activity, producing shortness of breath when there is the least exertion or excitement to the body, climbing of steps or the like. This occurs at times also after eating; at others it may occur soon after the body arises of morning, making for a dizziness or an uneasiness, with **headaches that come from same**.

TREATMENT PLAN:

1. Castor oil packs over liver and colon
2. Colonic irrigation
3. Osteopathic manipulations
4. Alkaline diet

COMMENTS: Note after-effects of intestinal flu and toxic colon with systemic effects including headaches.

813-2 FEMALE 49 9/25/35

ETIOLOGY AND PATHOPHYSIOLOGY: "In the NERVE FORCES of the body, we find that their nerve ENDS are rather lax; that is, the ends of the sympathetics and the coordinating centers in the cerebrospinal system with the reflexes to the vegetative or sympathetic system. Thus at times there is caused a heaviness across the lower portion of the cerebrospinal system, or at the 4th lumbar area. Again there is felt between the shoulder blades, or at the **1st and 2nd dorsal**, a heaviness; a fullness at times, as if something might be CREEPING - as it were - just under the skin. **Dull headaches and languid activity**. There is also an **incoordination in the digestion**, from this same form of nervous reaction."

TREATMENT PLAN:

1. Atomidine
2. Violet ray
3. Deep osteopathic manipulations for drainages
4. Diet - foods that provide iron, iodine, silicon; leave off sweets and starches

COMMENTS: Note nerve reflexes. The reading also noted an imbalance of iodine with potash (low iodine). Here is an interesting aside on the the practice of yoga with regard to the

treatment plan: "(Q) Is the yoga practice of Kriya causing any ill effects? (A) As indicated, this is very well to continue with these treatments; for these exercises have a stimulating effect. However, DO NOT use these during the period the Violet Ray is used, for that week! During the rest of the time it will be well for these to be carried with the other applications in toto."

1012-1 FEMALE ADULT 9/30/35

ETIOLOGY AND PATHOPHYSIOLOGY: " **Congestion of the liver** arises, from the **toxic forces through the intestinal tract as a contributory cause** ... The ORGANS of the system and the NERVOUS FORCES of the body show in the present periods when the body feels a languidness, an upset condition throughout; **headaches**, ringing in the ears; arms and limbs aching at times; **dullness throughout the system**, and then the natural anxiety that arises from conditions or tendency for the pains or heaviness in lungs, and the anxiety from the continued growth of the lump on the side here - as we have indicated.

TREATMENT PLAN:

1. Tonic: Wild Cherry Bark, Sarsaparilla Root, Yellow Dock Root, Burdock Root, Prickly ash Bark, Elder Flower, Balsam of Tolu, Grain Alcohol
2. Colonic irrigation
3. Osteopathic manipulations
4. Expectorant: Strained Honey, Pure Apple Brandy, Essence or Tincture Wild Ginseng, Essence of Indian Turnip, Tincture of Stillingia
5. Glyco-Thymoline spray for nasal passages
6. Basic diet - no fats from meats

COMMENTS: Note toxic bowel with systemic effects. The tonic was intended as a blood purifier with specific effects as follow: "The first ingredient, the Wild Cherry Bark, is a direct activative force upon the pneumogastrics and the pulmonary system. The Sarsaparilla works with the gastric juices of the stomach, and the eliminations in the peristaltic movement through the intestinal tract. The Yellow Dock acts with the DIGESTIVE fluids themselves. The Burdock is an activative force with or in the juices through the hydrochloric area, or in the pylorus. The Prickly Ash Bark acts directly with the activative forces in the liver itself, in the gall duct, and as a stimulant to the pancreas and spleen's activity. The Elder Flower acts with the increasing flow for the NATURAL eliminations through the system to the organic activities of the system in its relation to the sex activities of the body. Then the preservative, with the activative forces in the gum, makes for an effectual activity without producing a disagreeable effect in the activity of the others."

1017-1 FEMALE ADULT 10/7/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... the effect of the **pressure upon the circulation produced by a subluxation existent in the 4th lumbar** area, as coordinant with the area at the end of the spine - or in the **coccyx** plexus. If these were relieved ... it would MATERIALLY aid the **headaches that arise from the disturbances in the blood supply, the nerve system and the eliminations of the body**. Hence we have at times some minor, and at others some quite disturbing and aggravating discharge, that makes for quite an irritation upon the nerves of the system. And this reacting to the body, with the various disturbances that have been indicated in the nerve forces of the body, assists in bringing on these **periods of very severe headaches**. **These are from the BEARING down pains, as it were, or on top of head and to the base of the brain - these appear as if they were SEPARATING; and, as it were, the feeling that if the top could be lifted a bit - it would let the steam off - as it might be expressed.**"

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TREATMENT PLAN:

1. Chiropractic adjustments
2. Atomidine douche
3. Sinusoidal treatment to empty gall bladder
4. Alkaline diet that is body and blood building

COMMENTS: Note nerve pressures and reflexes from the lower spine with systemic effects. This woman asked about the nature of the headaches: "(Q) Am I suffering from what the medical world calls migraine headaches? (A) No. Not in toto. True, there are some symptoms of same; but it is rather that as we have indicated – a disturbance in the circulation that has borne upon the system in such a manner as to make for irritations in such measures, in such ways, that it has borne upon not only the sympathetic but the cerebrospinal nervous system. So, correcting those segments and aligning the cerebrospinal system as indicated, with the electrical treatments following same, should - with the douches and the diet, etc. – correct the condition. (Q) When these headaches occur, what means can be taken for immediate relief? (A) An adjustment (chiropractic).

1021-1 MALE 46 10/11/35

ETIOLOGY AND PATHOPHYSIOLOGY: "These conditions, as we find, have to do with **disturbances to the eliminations** in the system, as related to the balance kept between the elements or influences that make for activity in functioning organs; in those that make for the replenishing to activities in the general plasma of a constructive force in the anatomical activities of the body.... These we find recur from, or become such periods usually from a **little dull headache**; a heaviness that may be felt through the body, even from the lower extremities to the upper portions of the body."

TREATMENT PLAN:

1. Sinusoidal treatment for hepatic system
2. Sweat baths
3. Manipulations
4. Constructive mental attitude

COMMENTS: Poor eliminations and torpid liver were cited as causing systemic toxicity and dull headaches.

531-6 MALE 41 10/11/35

ETIOLOGY AND PATHOPHYSIOLOGY: "There have been, as indicated, the effects upon the **mucous membranes, upon the lymph circulation**, from those **infectious forces** that arise from what is called a **catarrhal condition** - or the lymph and emunctory reaction that produces a force of infection in the system. It affects the body in much the same way as a rheumatic reaction, or a nervous reaction. For these conditions naturally in their very nature affect the nervous system, and especially in its relationships to muscular reaction; so that by exercise, by even small amount of draft that would be practically unnoticed by the body in its activities, by getting too warm in one way and manner or by cooling off too quickly, there is the reverberating – as it were - to the conditions that are existent. This makes for not only the repressions that produce **headaches at times, hurt and burning of the eyes**, but through cold or congestion a form of neuralgia that affects the head, the shoulders, and even the torso at times.... (Q) **Sudden rushes of blood or something about the base of my brain**. Are they such, or just nervous pains? (A) Nervous pains and also the rush, as it were. Or it is rather the filling of the **IMPULSE** to ganglia through a **disturbed circulation**, that does not find the easy flow. Or it finds rather **congestions** that, being hard - as it were - to push through, makes for pressures in these particular areas."

TREATMENT PLAN:

1. Radial appliance

2. Meditation during appliance sessions
3. Colonic irrigations
4. Osteopathic drainages

COMMENTS: Catarrhal conditions in the face and head were cited as causes in this reading. The osteopathic treatments were to produce drainages: "Also we would use the corrective or manipulative forces from the osteopathic adjustments that would make a stimulation to the **DRAINAGES** of the body, as from the upper dorsal and through the cervical area. Thus we may not only break up the congested areas in this portion of the body but set up drainages through the ganglia that stimulate the impulse of activity for drainages or eliminations from the face, the head, the upper portion of the chest, and through all the upper part of the body for their **EMPTYING**, as it were, of their drainages - or their used forces, or the drosses from the system - more into the alimentary canal."

1088-1 MALE ADULT 10/13/35

ETIOLOGY AND PATHOPHYSIOLOGY: "In the cerebrospinal nerve force, pressures upon those areas in the **9th and 10th dorsal centers are the areas in which subluxations** are existent. Thus there has been a **slowing of the impulse to the activities of the intestinal tract, or colon** area specifically; as well as to the impulses for the sympathetic activity from these pressures to the liver, the pancreas, the spleen.... In the digestive system, here we find - from those conditions in the alimentary canal, as indicated - there are periods when apparently the least thing disagrees, or there is a fullness felt after meals; at other periods when a **headache** and a belching occurs after meals. Or it is what may be termed a **NERVOUS indigestion**; reflexes from non-activity of the organs of assimilation. Foods are slow in leaving the stomach itself. The duodenum and those areas become more acid than should be by the lack of the influence of the gastric flows to perform normal functions."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Colonic irrigations
3. Alkaline diet

COMMENTS: Note spinal subluxations affecting digestive system resulting in headaches.

1020-1 FEMALE 39 10/15/35

ETIOLOGY AND PATHOPHYSIOLOGY: "In times back there was created in the cerebrospinal system a pressure through those activities in the physical forces that first made a **pressure upon the ileum plexus or through the plexus about the coccyx, and then with a contributory condition there was brought about an impingement between the 9th and 10th dorsal center**, cerebrospinal nerve force.... These to the sympathetic or vegetative nerve force become as repressed. Hence the **low form of circulation** and at times the **high activity of the pulsation** in its attempt to create those influences, brings about these disturbing conditions as arise through the system itself.... There are periods when the functions to the whole of the **nerve force to the brain centers produce a pressure that makes for headaches that are of a peculiar character; low, dull, far back and at others becoming acute in certain portions of the head**.

TREATMENT PLAN:

1. Deep osteopathic manipulations after wet heat to relax
2. Radial appliance while meditating
3. Alkaline diet

COMMENTS: Note nerve impingements with vasomotor disturbances resulting in peculiar headaches.

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805-3 FEMALE 53 10/15/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is the cause of the **frequent sick headaches** and what shall I do for them? (A) The **slowness with which the digestive forces act upon the assimilation of foods. This causes the disturbances from headaches.**"

TREATMENT PLAN:

1. Radial appliance
2. General osteopathic treatments
3. Body building diet
4. Ventriculin with iron
5. Enemas
6. Constructive mental attitudes

COMMENTS: Note explicit linkage of sick headaches with digestive dysfunction.

1022-1 FEMALE ADULT 10/16/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Will the treatments as suggested relieve the **headaches**? (A) **The cause of the headaches, you see, is those pressures, those unbalancing forces as indicated in the digestive forces of the body itself.**"

TREATMENT PLAN:

1. Atomidine
2. Radial appliance
3. Sweat bath and massage
4. Alkaline diet

COMMENTS: Note explicit linkage of headaches to digestive system.

1101-4 FEMALE 18 10/21/35

ETIOLOGY AND PATHOPHYSIOLOGY: "First, in the BLOOD SUPPLY, here we find an indication of a subluxation that exists in the **4th dorsal**. Also we find an expression of same that exists in the **2nd and 3rd**, and a distressed condition in the **4th lumbar area**.... Thus the proper coordination is prevented between the cerebrospinal nerve forces through the very nature of the inflection and the suppression indicated, and the sympathetic or vegetative forces and imaginative forces. **So, to study or to impel self to make for creative forces brings about headaches**, brings about conditions that become rather aggravating to the whole body.... As to the NERVOUS SYSTEM, we have indicated that in the **4th dorsal center**, in the lumbar area also, there is found an incoordination. And there is a **form of lesion in the upper plexus that affects the circulatory forces** of the body as well as the coordination between the cerebrospinal and the sympathetic nerve forces of the body, producing an impoverishment more and more to the **circulation to the head, the throat, to the organs of the sensory forces**. Thus there is produced a drying at times through the throat; an anxiety, as it were, to the plexus in those **areas from the 4th dorsal to the circulatory forces through the head, neck and shoulders.**"

TREATMENT PLAN:

1. Tonic: Elixir of Lactated Pepsin, Compound Simple Syrup, Essence of Wild Ginseng, Essence of Indian Turnip, Tincture of Stillingia, Elixir of Calisaya
2. Osteopathic corrections
3. Diet – do not combine too much of proteins and starches

COMMENTS: Note nerve reflexes from spinal subluxations affecting vasomotor supply to head, neck and shoulders.

1028-1 FEMALE 39 10/23/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... conditions that arise from an **unbalancing of the equilibriums between the elements in the iodides, the calciums, the potassiums, that**

make for the activity with glands that in their action and functioning supply the necessary forces for keeping the equilibrium through the system. Hence those periods when there is the tiredness, as of a tingling in portions of the body, acute conditions in the gastrointestinal activity, the **circulatory forces that produce the effect of the low nervous headache**, burning through the organs of the sensory forces, and the natural depressions that occur occasionally. These are REFLEXES from those conditions arising in the body, as will be indicated."

TREATMENT PLAN:

1. Atomidine
2. Osteopathic adjustments
3. Sweat baths

COMMENTS: Note glandular etiology with affects to the digestive and circulatory system. Note explicit circulatory linkage to headaches. The treatment recommendations suggest that the vasomotor disturbance may have been produced from reflexes from the upper spinal centers: "Also we would begin to make those adjustments for creating a balance in centers in the cerebrospinal system, where there have been indications of **the glands with the activity of those centers where cerebrospinal and sympathetic coordinate in those ganglia**. As in the 4th lumbar, the 3rd and 4th dorsal (to the brachial center), the upper portions of the cervicals - or those areas through which **the hypogastric and pneumogastric plexus cross; making for the relief to the pressures in the head**, and releasing those activities to the vagus center - this in the 3rd and 4th cervical and about the throat.... (Q) The adjustments should be made osteopathically? (A) Osteopathically, preferably.... the ADJUSTMENTS and the stimulation of the ganglia in the area indicated - osteopathically - is the preferable manner."

1034-1 FEMALE 35 10/27/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Brain forces are very good, save when there are **those periods of pain through headaches - that arise from this incoordination in the 9th dorsal plexus**.... In those periods in times back there was a pressure or an **injury to the right portion of the body; not on the liver area but below same - between the gall duct, the lacteal duct and the umbilicus center**. Hence we have, as the cause, an **adhesion in a portion of the lacteal ducts**; that prevents the proper activity through same; bringing about periodically (though these may not come on certain days or be exactly at the same periods) a **cutting off of nerve impulses from the solar plexus center**.... This, the, coordinating or reflecting with the **solar plexus center and the activities of the nerve forces to the brain**, brings on even PERIODS of almost loss of control of the body itself; THROUGH the rush not to the head of the blood supply - unless there are activities that cause same - but rather the rush of the blood to the solar plexus center ..."

TREATMENT PLAN:

1. Castor oil packs over lacteal ducts
2. Colonic irrigation
3. Spinal adjustments
4. Radial appliance

COMMENTS: Note lacteal duct adhesions and effects through solar plexus (associated with 9th dorsal center) including reflexes to the head and vasomotor disturbances. The adjustments addressed the nerve reflexes to the head: "Then (after the first colonic irrigation), begin with adjustments in the coccyx area, the 4th lumbar area, and coordinate the adjustments in this area with the 9th and 10th dorsal; and, to be sure, relaxing through the hypogastric and pneumogastric plexus in the cervicals." Background information states: "Coma state periodically. Severe

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headaches. Injury when three years old, fell out of little boy's wagon on her head and then the wagon ran over her. Doctors can't find the cause; she being assistant nurse herself. All agreed reading was perfect."

1044-1 FEMALE 36 11/3/25

ETIOLOGY AND PATHOPHYSIOLOGY: "Here we find indications of there having existed IN portions of the body, as through the assimilating and eliminating systems, a form of congestion that had required the necessity of that in the blood stream to produce coagulations in tissue; especially through the stomach area or digestive area and through the colon itself.... Hence lowering the vitality of the body, making for restlessness, producing periods when there was, as it were, the feeling of CREEPINGS through the abdomen, through the right side, across even the middle portion, or a contraction of the tenons in those areas of the colon and a portion of the jejunum area. Thus forming gas, **headaches**, heaviness; effects to the system. Or an **after effect of intestinal "flu,"** that has made and does make this inroad upon the body-functioning as related to the assimilating and eliminating systems."

TREATMENT PLAN:

1. Tonic: Essence of Wild Ginseng, Essence of Indian Turnip, Essence of Wild Ginger, Tincture of Stillingia, Balsam of Tolu
2. Colonic irrigations
3. Glyco-Thymoline internally
4. Violet ray
5. Blood and body building diet

COMMENTS: Note intestinal etiology as after effect of intestinal flu.

420-2 MALE 56 11/6/35

ETIOLOGY AND PATHOPHYSIOLOGY: "Those tendencies for the formations that arise in the soft tissue throughout the body are from a drying or **catarrhal condition through the nasal passages, and the tendency for these drippings to the digestive system that make for infectious forces** through same. These keep down the ability of the body to build resistance. (Q) **What causes headaches?** (A) **Toxic forces."**

TREATMENT PLAN:

1. Ichthyol nasal spray
2. Lavis taken internally
3. Massage with specific oil formula
4. Laxative: Russian White Oil

COMMENTS: Note nasal catarrh with infection swallowed into digestive system.

1057-1 MALE 49 11/14/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... the lack of the proper digestion, because of the regurgitation, produces a pressure upon the hypogastric plexus; causing **headaches that occur as a portion of the head pressure in the top of the head, through the eyes and in the temple; varying according to the position of the pressure upon the hypogastric plexus."**

TREATMENT PLAN:

1. Colonic irrigations
2. Alcaroid and Caroid Bile Salts Tablets
3. Diet – no fried foods or white bread
4. Milk of Bismuth and Elixir of Lactated Pepsin

COMMENTS: Note explicit linkage of headaches to digestive upsets with reflexes through hypogastric nerves. The bismuth and pepsin were especially for sick headaches: "This produces absorption, increases the flow of pepsin or lactic activity, and

settles the stomach. **Especially is this to be used if or when sick headaches occur; not at other periods."**

1069-2 FEMALE 65 12/3/25

ETIOLOGY AND PATHOPHYSIOLOGY: "But there is the NECESSITY of keeping down gas formations, that pressures produce - and cause the unpleasant condition in the liver area or the activity of the gall duct, or the dizziness that occurs, or the **headaches** that occur. And it will be found that the **dizziness and the headaches will dissipate with the use of the colonics."**

TREATMENT PLAN:

1. Colonic irrigations
2. Radial appliance
3. Easily assimilated foods
4. Use sedatives only as needed

COMMENTS: Note toxic bowel etiology with colonic irrigations as specific treatment for dizziness and headaches.

1074-1 FEMALE 21 12/4/35

ETIOLOGY AND PATHOPHYSIOLOGY: "First, IN THE BLOOD SUPPLY, it is indicated that there are some **disturbances to a portion of the circulation, especially as to the head, the organs of the sensory system,** through a MINOR (at present) **impingement that exists in the secondary cardiac plexus area, or in the 2nd, 3rd and 4th dorsal center....** From these tendencies as produced by this condition, the **deflection of the circulation then to the head** - as through the soft tissue of the face and to the antrum, to the nasal passages at times - gives a disturbing condition to the system. This lack of a complete circulation makes for a drawing upon the superficial activity, thus forming at times the irritations by tissue becoming somewhat dry - by the exposure, as it were, to the activities of the breathing, or the passages becoming somewhat disturbed by those activities of the normal forces.... (Q) **What is the cause of the daily three P.M. headaches?** (A) Consider the activities of the **secondary cardiac plexus as a cycle of activity.** It has been indicated as to how various functionings of the body become disturbed by the cycle of activity. Then these under the pressure that has been indicated cause a continued daily return of the attempt to create a balance, producing a pressure that makes for those disturbances – **the incoordination between the deep circulation and the superficial circulation, as we have indicated in the head.** That is how or why **the nerve influences from the superficial portion to the head and the internal should be coordinated,** when the manipulative forces are given."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Calcidin
3. Diet – watch food combinations
4. Keep constructive attitude

COMMENTS: This is a fascinating reading in many respects. Note daily headaches at 3 PM, or a couple hours after lunch. Also note explicit linkage of headaches to nerve reflexes from secondary cardiac plexus area in the upper dorsals (this nerve also innervates the stomach). Note vasomotor aspects associated with this nerve as it pertains to deep and superficial circulation and vasomotor effects of slowed circulation to sensory organs. Finally, here are the explicit instructions for osteopathic treatment that address all these aspects: "Hence we would make those corrections in the secondary cardiac area, as indicated, by the centers being MOVED. Not in such a manner as to make CORRECTIONS, or what may be termed corrections; yet there must be adjustments made through the 4th, 5th, 3rd and 2nd dorsal centers. Also coordinate the 3rd, 4th, 5th, 6th, 7th cervicals WITH the upper dorsal area. This would be done

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through osteopathic adjustments, but WE find that the application of a damp heat before making such adjustments would be much more preferable. For this then would stimulate not only the deeper circulation but enable the manipulator or adjuster to COORDINATE the superficial and the deeper circulations at the TIME of making adjustments.... Naturally, when adjustments are made, there should be the manipulations in both of the axes; that is, the 1st and 2nd cervical and the lumbar axis, to make coordinations with the general drainages of the bodily functionings. For there also would be manipulations over the nostril, the face, the head, where the nerve centers enter those portions from the superficial activity. The stimulation to the deeper circulation along the cerebrospinal system will then coordinate with the superficial circulation as to influence the proper drainages throughout the system."

1076-1 MALE ADULT 12/7/35

ETIOLOGY AND PATHOPHYSIOLOGY: " IN THE BLOOD SUPPLY, there is indicated that **through subluxations and through a form of disturbance in the circulation** there has been produced in the auditory forces of the body itself, and in the **soft tissue of face, a catarrhal disturbance**.... The infection from the auditory forces and nasal passages, by refuse forces in the body itself - as indicated. For in setting up drainages and removing the pressures, as indicated, there will also be the removal of pressures ... (Q) For the **headaches?** (A) **These are from the same nerve pressure.**

TREATMENT PLAN:

1. Osteopathic manipulations and finger surgery

COMMENTS: The spinal subluxations in the upper dorsal and cervical centers resulted in vasomotor disturbances to head and sensory organs. The lack of circulation led to catarrh and infection in auditory and nasal passages.

1079-1 FEMALE 40 12/16/35

ETIOLOGY AND PATHOPHYSIOLOGY: "... with the toxic forces causing some little **dizziness** or some more extreme activity for the eliminations, it would be well that **enemas be taken for the evacuations of the colon itself.** Thus the **toxic forces may be prevented from causing the headaches** or the dizziness that may arise."

TREATMENT PLAN:

1. Osteopathic manipulations (lumbar and coccyx)
2. Alcaroid and Caroid Bile Salts Tablets
3. Avoid starchy foods

COMMENTS: Note toxic bowel etiology in this case with enemas as specific treatment.

243-21 FEMALE 56 12/28/35

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why do I **wake up every morning with such terrible headache?** (A) Still this unbalancing; tendency for the **slowing of the circulation and the fullness in the area about the heart's activity.** Those relaxations as indicated in the **upper dorsal and the cervical area**, with a relaxation in the feet and lower limbs - especially in the axis of the lower lumbar, or the **lumbar area with the sacral**, should relieve these pressures and distresses."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Basic diet
3. Colonic irrigation

COMMENTS: Note circulatory problems associated with spinal nerve centers. Especially note upper dorsal which corresponds to secondary cardiac plexus that was specifically mentioned in the reading.

555-6 MALE 38 1/9/35

ETIOLOGY AND PATHOPHYSIOLOGY: "**Congestion in the liver and the alimentary canal**, with those inclinations for the lack of proper eliminations through the kidneys, brings about this tautness, this tension, this tendency towards the aching over the whole body; some nausea, heaviness through the feet, **headaches**, and a general debilitation; the inactivity properly through the kidneys, pains or a heaviness across the small of the back."

TREATMENT PLAN:

1. High enema
2. Fletcher's Castoria
3. Massage lower back with Mutton Tallow, Turpentine, Spirits of Camphor
4. Simmon's Liver Regulator
5. Easily digested foods

COMMENTS: Note liver and digestive system etiology with systemic effects including headaches.

1014-2 MALE 41 1/13/36

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes and what may be done for the **headaches?** (A) **These are rather much from the diets.** These are from those tendencies for the **wrong combinations in the digestive forces**, and the irritations that arise from anxieties to the nervous systems after same. When these occur, as we find, a **little soda water will relieve these disturbances.** Not quantities, for then it would become the very thing that would be injurious - if taken too much. But about three grains of soda in half a glass of water."

TREATMENT PLAN:

1. Alkaline diet
2. Laxative
3. Massage

COMMENTS: Note digestive etiology for headaches, especially acidic diet and specific remedy.

480-24 FEMALE 23 1/17/36

ETIOLOGY AND PATHOPHYSIOLOGY: "However, at times those reflections still continue to arise from the **incoordinations in the cerebro-spinal and sympathetic nerve forces**, from the lack of proper coordination in ELIMINATIONS and ASSIMILATIONS."

TREATMENT PLAN:

1. Holding pressure on spinal centers for headache
2. Tonicine
3. Continue previous treatments
4. Constructive attitude

COMMENTS: Note nervous system incoordination with this specific treatment recommendation for headaches: "When there are those tendencies for the dizziness, and for the headaches that arise from same, we find that a SPECIFIC character of treatment at such times would relieve the conditions for the IMMEDIATE. At such times, then, let there be held a pressure (rather than a great amount of treatment) that would equalize the flow from or at the 1st and 2nd cervical and the 4th lumbar. This would be with the body lying prone, preferably; that is, upon the back. Hold this pressure for a few minutes, and - as we find - the body would respond. (It has just recently needed such a treatment, you see.) For, as we have indicated, the conditions that are disturbing are from these incoordinations in these areas."

808-4 FEMALE 28 1/22/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the present we find that acute conditions have arisen. The effects are exhibited in the inflammation of the mucous membranes through the head,

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congestions through the eliminating canals, the tendencies for the mucous membranes in the throat, the head, in the chest, to give pain - or an inflammation and a natural tendency towards a plethoric condition.... (Q) What causes, and what will relieve, **headaches**? (A) **The temperature and the inflammation.** And these taken in the indicated way and manner will relieve the disturbance."

TREATMENT PLAN:

1. Bedrest
2. Alkaline diet
3. Egg white fluffed with hone and lemon juice
4. Beef juice and semi-liquid foods
5. Radial appliance
6. Tonic: Strained Honey, Elixir of WILD GINSENG, Indian Turnip, Tincture of Stillingia, Syrup of Rhubarb, Horehound
7. General manipulation
8. High enema

COMMENTS: Note infectious etiology with inflammation of mucous membranes of head and face.

994-2 MALE 63 1/25/36

ETIOLOGY AND PATHOPHYSIOLOGY: " IN THE BLOOD SUPPLY, we find in the present there is a **combination of effects.** Some **cold** makes for an accentuation, thus causing a greater disturbance in the throat, the bronchi and in the soft tissue of the nose and nasal passages; producing some disturbance in the antrum, and **headache**.... Also at times, when there has been a particular disturbance through the eliminations - or the alimentary canal, the kidneys make for a disturbance; through the very pressures that are caused - as in the **upper dorsal and through the cervical area, nerve pressure from ganglia that HINDER the perfect flow of the blood supply AND nerve energy through the throat, the head and the organs of the head.** Those activities in the sensory forces, as indicated, become disturbed by the pressures in the upper dorsal and through the cervical to the sensory organism."

TREATMENT PLAN:

1. Alcaroid
2. Sweat bath followed by salt rub and oil rub
3. Osteopathic treatment
4. Radial appliance
5. Balanced diet

COMMENTS: Note "combination of effects" with regard to spinal pressures in vasomotor centers in upper dorsal and cervical and cold and congestion affecting nose and antrum.

294-184 MALE 58 1/31/36

ETIOLOGY AND PATHOPHYSIOLOGY: " First, the BLOOD SUPPLY, this we find disturbed not only by the effect of **toxic forces** that are present in the blood stream, but by the effect these HAVE had and DO HAVE upon **the circulation in its relationships to the organs**; mainly, the heart, the liver, the kidneys. In the present we find that these indicate a **high blood pressure with a great deal of sediment in the gall duct area, with little coordination between the pancrean secretion, the gall duct or the liver secretion and the spleen.** Hence a congestion is produced in those portions of the system, in that area. This **HIGH circulation, but slow in portions of the system** - as is the ordinary result of such a condition, **leaves drosses**; or there is the **lack of the proper eliminations through the system.** Thus **headaches** are caused, neuritis, pressures in the portions of the system; and the effects are as destructive forces to the organs that have been indicated as being under stress in this particular condition at the present time."

TREATMENT PLAN:

1. Milk of Bismuth and Elixir of Lactated Pepsin
 2. Colonic irrigations
 3. Do not overeat
 4. Osteopathic treatments
 5. Consistency
 6. Laxatives (alternate types)
- COMMENTS:** Note hepatic/digestive system etiology with circulatory imbalances and poor eliminations.

1114-1 FEMALE ADULT 2/6/36

ETIOLOGY AND PATHOPHYSIOLOGY: "For at times there is a variation in its [blood] pressure, or **the slowing up of the circulation to the extremities as related to its RETURN to the torso or trunk portion of the body.** Hence the feelings of tired heaviness through the lumbar and lower limbs at times. At others there are **dull headaches**, conditions through the sensory forces, stiffness or **heaviness in the hands, in the shoulders, the head.** There having been pressures, then, in the torso portion, or in the lower dorsal area, there has been caused a constant slowing up of circulation to various portions of the system... These pressures in the NERVE SYSTEM, as we find, exist in the form of a **circular lesion in the 9th and 10th dorsal center.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. Tonic: Essence of Wild Ginger, Essence of Wild Ginseng, Essence or Tincture of Stillingia, A fusion or Essence of Yellow Dock Root, Syrup of Horehound
3. Radial appliance
4. Diet - less meat

COMMENTS: Note circulatory imbalances from spinal lesion.

1115-1 FEMALE ADULT 2/7/36

ETIOLOGY AND PATHOPHYSIOLOGY: "... these conditions have been of a gradual development; owing to there being in the cerebrospinal system pressures that have hindered the body from having the **proper circulation, due to these pressures causing the lack of impulse.** Thus conditions are caused where poisons and toxic forces have involved the functioning of the organs.... there are **headaches** that occur from a nausea that arises soon after - or ordinarily after - such **headaches have made for a disturbing factor in the sensory forces**.... The subluxations and the lesions that form the pressures, as we find, arise from the **lumbar and the lower dorsal center** ...

TREATMENT PLAN:

1. Alcaroid and Caroid Salts Tablets
2. Basic diet
3. Osteopathic manipulations
4. Radial appliance

COMMENTS: Note spinal subluxations causing improper circulation to head and sensory system.

633-4 MALE 25 2/15/36

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is still a **lacking in the eliminations as related to the activity of the liver** and the ASSOCIATED activity in the ducts and glands in carrying off the refuse forces or used energies. Thus we find that the **acidity**, that is the natural result of such, **produces cold or congestion** or stiffness in the varied portions of the body. At times the effects are to the **head or neck and shoulders**; at others a bad taste, with a heaviness through the abdomen; heavy through the feet and lower limbs; and a bearing down, as it were, through the lower portion of abdomen; **headaches**, and general **DEBILITATIONS** throughout."

TREATMENT PLAN:

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1. Alcaroid and Caroid Salts Tablets
2. Zilatone
3. Osteopathic drainages for general system
4. Alkaline diet

COMMENTS: Note systemic effects of liver dysfunction and systemic hyperacidity.

533-9 MALE 24 2/18/36

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes continued headaches? (A) **The pressure of the lymph circulation upon those areas where there are the tendencies for sticking or adherence through the whole portion of the torso itself.** There are tendencies for these to form into lymph tumors."

TREATMENT PLAN:

1. Castor oil packs
2. Osteopathic manipulations
3. Zilatone
4. Spinal massage with oils
5. Alkaline diet

COMMENTS: Note abdominal adhesions.

357-7 FEMALE 33 2/21/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the alimentary canal eliminations, then, disturbances are often caused. Thus headaches and tiredness, by the very accumulation of refuse forces through the alimentary canal. At times also the eliminations at the menstrual periods become a disturbing factor, when there is a strain upon the organs of the pelvis; and this makes for heaviness and those attending conditions, with a scant menses, with the concurrent reactions in the organs during such periods.

TREATMENT PLAN:

1. White's Cod Liver Oil Tablets
2. Zilatone
3. Body building diet
4. General osteopathic manipulations

COMMENTS: Note toxic bowel as cause of headaches with possible menstrual headache. Sluggish liver was cited as contributing to constipation.

1124-1 FEMALE 36 2/22/36

ETIOLOGY AND PATHOPHYSIOLOGY: "There being a lack of elements in the system that go to make up the basic force for the nerve WALLS of the nerve system, these have become short circuited - as it might be termed - in ganglia, in the supplying of nutriment for portions of the system. Hence we find a diffusion of impulse, and much disturbance appearing at times in the general vitality of the system. Again we may find the digestive forces of the body being disturbed. Again we will find the locomotions of the body disturbed. The metabolism becomes disturbed, the nerve energies - and there are periods when the body has a reflex in a sort of "jitter." Again we will find headaches, and the weak debilitation. And these, to be sure, would grow or centralize - or make for greater disturbances in other directions - unless corrected."

TREATMENT PLAN:

1. Calcidin
2. Spinal massage with oils
3. General osteopathic treatment
4. Diet - below ground vegetables, meats of a tendon nature
5. Radial appliance

COMMENTS: This almost sounds like a breakdown in neurotransmission due to nutritional deficiency.

480-25 FEMALE 24 2/26/36

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are acute disturbances that arise from the effect of hindrances in eliminations and the activity of the circulation upon the system from cold, congestion, that tends to prevent the proper assimilations having their proper effect upon the distribution of the energies through the system. Hence we have those conditions like a rigor or an over-nervousness, with headaches and the effect of disturbances through the general assimilating system."

TREATMENT PLAN:

1. Laxatives: Syrup of Figs and Fletcher's Castoria
2. Hot pack on abdomen and back: Mutton Suet, Turpentine, Spirits of Camphor, Compound Tincture of Benzoin
3. General osteopathic treatment
4. Egg white, honey, lemon, Glycerine, Syrup of Ipecac

COMMENTS: Note cold and congestion upsetting circulation, assimilations and eliminations.

464-16 FEMALE 60 3/7/36

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find in the present, the acute condition arises from the superacidity; not only in the general eliminating system but in the stomach and the duodenum itself. Hence we have nausea, headaches, dizziness, inability to walk, inability for the body to move about without a great deal of discomfort."

TREATMENT PLAN:

1. Zilatone and Fleet's Phosphosoda
2. Castoria
3. Massage with oils
4. Alkaline diet
5. Atomidine

COMMENTS: Note superacidity as cause of headaches. See previous readings.

954-2 FEMALE 38 3/16/36

ETIOLOGY AND PATHOPHYSIOLOGY: "THE BLOOD SUPPLY, this is very low; that is, an anemia is apparent; not only from the loss at times, and the inability for the proper coagulation to take place, but there are those insidious forces that are in the FORM (not true, but in the FORM) of strep, indicated in the blood stream.... The metabolism at times is disturbed by the increase in the pulsation upon a depleted blood circulation. Hence those disturbances of headaches, little dizziness; weakness in portions of the system ..."

TREATMENT PLAN:

1. Calcidin
2. Violet ray with bulb and vaginal applicator
3. Osteopathic massage for drainages
4. Diet - body building
5. Atomidine douche
6. Zilatone and Phosphosoda

COMMENTS: Note anemia and general debilitation.

1130-1 MALE 37 3/17/36

ETIOLOGY AND PATHOPHYSIOLOGY: "... there has been - through strain, and a disturbance in the cerebrospinal nervous system - an unbalancing in the impulses from the 9th and 10th dorsal centers to the activities of the organs of eliminations ... Thus the RIGHT kidney finds a more severe activity. Hence there is a heaviness, and an activity through the bladder that becomes disturbing to the body at times. An overactivity. Hence a general drain upon the nervous system of the body, producing headaches, producing a dizziness, producing a tiredness in the limbs, producing a dullness, a fullness under the eye; making for an irritation in a sympathetic reaction to the

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lymph circulation through the throat and bronchi. All of these are effects, then, of an impingement in the area."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Compress over lower dorsals: Mutton Suet, Spirits of Turpentine, Spirits of Camphor, Benzoin, Wintergreen
3. Watermelon seed tea
4. Diet – avoid sweets

COMMENTS: Note spinal nerve pressures affecting right kidney.

1140-1 FEMALE ADULT 4/10/36

ETIOLOGY AND PATHOPHYSIOLOGY: "... a strangular reaction in the lacteal ducts.... IN THE NERVE FORCES OF THE BODY, these natural deficiencies or exaggerated conditions make for pressures upon the nerve forces of the body ... Also the reactions through the coordination between the cerebrospinal and sympathetic systems produce those pressures in the brain forces, or the **headaches** that make for a reaction that reacts to the whole of the impulses of the body itself."

TREATMENT PLAN:

1. Zilatone and Fleet's Phosphosoda
2. Diet - semiliquid
3. Osteopathic manipulations for drainage

COMMENTS: Note lacteal duct adhesions producing incoordination between sympathetic and cerebrospinal nervous systems. This reading contains an interesting explanation of drainage which was mentioned numerous times in this reading: "(Q) What is the meaning of drainage? (A) When the activity from the nerve forces and the muscular plexus along any portion of the cerebrospinal system, from which **organs or portions of the body receive their nerve impulse, are stimulated, this sets up a circulation that allows for refuse forces or drosses from the system to be carried out in a normal way and manner.**

This is drainage, see? Not necessary that excesses only through the alimentary canal be increased in eliminations to make for proper drainages, but the muscular forces or tendons or bursae or the areas along the system where the nerve plexus produce the improper impulse need to be stimulated. This is why the activity through **a massage properly osteopathically given sets up such drainages better** than the administering of those things that stimulate an already disturbed condition between the deep circulation and the superficial, see (that is, through cathartics, etc., see)? Hence these are the indications as we find for the body. While it is necessary **to stimulate the activity of the organs** that are showing a tendency for slowness or laggardness in their activity, this must be done properly - **from their impulses or centers along the cerebrospinal system** - to be EFFECTIVE and to MAINTAIN an equilibrium. (Q) Is Miss Mabel Todd the right osteopath for me to go to in the Essex House, W. 59th St.? (A) If she will make the adjustments in these specific centers as indicated, you see, and not attempt to make drainages ONLY by stimulating the upper DORSAL and CERVICAL areas, correct. She has the ability! If she will follow these suggestions, correct."

1042-3 FEMALE 58 4/22/36

ETIOLOGY AND PATHOPHYSIOLOGY: "... the cerebrospinal system, especially in those areas or about those ganglia from which these portions of the system take their impulses in their activity, more disturbing conditions. Hence these find their distresses or give a **reflex to dullness in the body; headaches of an indeterminate nature, but making for a dullness** that will gradually increase until there are other disturbing factors - unless eliminated."

TREATMENT PLAN:

1. Radial appliance
2. Steam bath and massage

COMMENTS: See previous readings.

1154-1 FEMALE ADULT 4/23/36

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes **frequent and bad headaches**? (A) These are from a general condition; in part the **assimilating forces and worries**. Rather a **combination of causes**. DO NOT take sedatives for same, please! Those corrections in the **dorsal and cervical** will relieve same, as will the removal of the causes that affect the **assimilating system**."

TREATMENT PLAN:

1. Diathermy
2. Head and neck exercise
3. Osteopathic treatment

COMMENTS: Pressures along the upper spine contributed headaches in combination with poor assimilations and mental stress.

1000-12 FEMALE 47 4/30/36

ETIOLOGY AND PATHOPHYSIOLOGY: " Those conditions that have formerly made **for pressures in various centers of the nerve forces** such as to produce **headaches**, the acute pains in portions of the body, do arise."

TREATMENT PLAN:

1. Ultr-violet therapy
2. Keep self busy, avoid self pity
3. Alkaline diet
4. Vegetable laxatives
5. Head and neck exercise

COMMENTS: Note nerve pressures as source of headaches. See previous readings.

1192-6 FEMALE 42 4/30/36

ETIOLOGY AND PATHOPHYSIOLOGY: "There are the **nervous headaches that occur from nerve pressure and nerve strain**, upsetting the digestion and making for disturbances through the eliminations."

TREATMENT PLAN:

1. Radial appliance
2. Be patient and gentle with self
3. Constructive thinking
4. Zilatone
5. Alkaline diet

COMMENTS: Mental stress contributed to nerve strains. See previous readings.

1158-1 FEMALE 46 5/1/36

ETIOLOGY AND PATHOPHYSIOLOGY: "IN THE BLOOD SUPPLY, there are the indications of a tendency for the **lack of proper equalization between the sympathetic or the superficial circulation AND the deeper circulation**.... Hence we find at times, when the body should have felt rested from the activities, either by sleep or by exercise or activities outwardly, there is the recurrence of a tiredness throughout the whole of the system itself. And a tendency for aching or heaviness through the torso or lower portions of the body. At others this will be through or between the shoulders; **dull characters of headaches**, burning as of the throat or the eyes at times; dryness. These are the effects produced in the circulatory forces through **the lack of the proper lymph circulation, and the incoordination between the deeper circulation and the superficial**.... As we find, these conditions arose from **periods when there were great strains**

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upon the body mentally, and a physical drain upon the body; there being some temperature, the ducts and the glands that form the center of what we term **the lacteal duct or center, or the nerve plexus just below the gall duct, became affected."**

TREATMENT PLAN:

1. Castor oil packs
2. Atomidine
3. Zilatone
4. Ventriculin with iron
5. Gentle massage
6. Basic diet – avoid too much of starches and proteins at same meal

COMMENTS: Note imbalance of circulation linked to lacteal duct dysfunction.

601-12 FEMALE 50 5/4/36

ETIOLOGY AND PATHOPHYSIOLOGY: "Also the tonic would be well when there are headaches by strain, overreading."

TREATMENT PLAN:

1. No undue excitement or overtaxation
2. Tonic: Strained Honey, Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Tincture of Capsici
3. Massage
4. Sitz baths and hot foot baths
5. Radial appliance

COMMENTS: The headaches were effects of stress and strain related to menopause. Note tonic as specific treatment for headache.

1161-1 FEMALE ADULT 5/7/36

ETIOLOGY AND PATHOPHYSIOLOGY: "These we find have to **do primarily with conditions existent in the pelvic organs....** THE BLOOD SUPPLY, this indicates there is a great deal of anxiety manifested in the nerve forces of the body at times. Those tendencies for heaviness and bearing down pains through the lower portions of the body, tendencies for the **slowing of the circulation through the lower extremities.** At times this with the reaction is the cause primarily of the **headaches of the nature on top of the head, as well as those in the temple at other times....** as we find, there is the adherence of tissue about the organs in the pelvis. The uterus itself is in a condition where adherence and conditions of tissue become irritated to such measures that these cause or produce the greater disturbance for the body.... Then the conditions are to produce first a more equal coordination of all portions of the bodily functioning forces, removing the pressures that CAUSE these disturbances in the organs of the pelvis, as well as those that are of a **sympathetic nature in the solar plexus center, the brachial and upper portion of the vagus centers."**

TREATMENT PLAN:

1. Atomidine douches
2. Osteopathic treatment
3. Alkaline diet

COMMENTS: Note pelvic etiology for headaches with sympathetic reflexes to nerve centers along the upper spine.

1164-1 FEMALE ADULT 5/9/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the digestive area or the stomach itself, this organ we find **dipped; dipped in the lower portion,** and thus making for an easy flow at times of the gastric juices. It is abnormal in its size; that is, smaller than nominally should be. This causes the periods when foods are taken flow too easily through the system; others there is the tendency for fermentation and there arises a form of **sick**

headache as from same, with an inactivity through the gastric flow from the duodenum, the pancreas, the spleen and those flows from the gall duct area itself."

TREATMENT PLAN:

1. Osteopathic manipulations to correct stomach position
2. Violet ray
3. Radial appliance
4. Basic diet
5. Enemas

COMMENTS: Note abnormal stomach position as source of sick headaches.

1167-1 FEMALE 40 5/14/36

ETIOLOGY AND PATHOPHYSIOLOGY: "Hence in making the applications for those disturbing forces that, as we find, are existent in the body in the present, most of these arise from **suppression of emotions.** Whether these arise from the natural changes that have come, or are coming about in the bodily functions, or whether they be from **the EMOTIONAL influences of the mental body, they have been and are suppressions....** There are those suppressions that produce the **disturbances in the circulation, as to cause a headache through pressures upon the nerve centers and the ganglia,** thus making for periods of restlessness, insomnia, upsetting in the digestion - or producing indigestion ..."

TREATMENT PLAN:

1. Spiritual awakening and attunement
2. Osteopathic treatment
3. Eucalyptol inhalant
4. Radial appliance
5. Alkaline diet

COMMENTS: Note vasomotor pathophysiology for very severe headaches produced by emotional suppression.

1178-1 FEMALE ADULT 5/29/36

ETIOLOGY AND PATHOPHYSIOLOGY: "The indications through the **circulation** are that there is **the torpidity of the liver** in its coordination with the rest of the body in its eliminating of poisons from the system. Also there are contributory causes from **congestions in the soft tissue of the head (or face)** that at times give a great deal of disturbance ...

Hence there are periods when the body has dyspepsia, or belching; **headaches** ensue, and it becomes necessary for the eliminations to be exercised by exciting, as it were, the lymph flow through the alimentary canal. All of these are contributory causes as well as the effects of a **specific disturbance in the gall duct area or in the liver, pancreas** and the activity through the **entrance of food forces as assimilated to the eliminating channels."**

TREATMENT PLAN:

1. Osteopathic adjustments and finger surgery for Eustachian tubes
2. Alcaroid
3. Zilatone and Fleet's Phosphosoda
4. Eucalyptol inhalant
5. Alkaline diet

COMMENTS: Note torpid liver and gall bladder with congestion in face and head.

1176-1 FEMALE 40 5/29/36

ETIOLOGY AND PATHOPHYSIOLOGY: "The body is under those stresses and strains as we find not only from the changes that have been apparent in the system through the repressions at times that have existed in the **organs of the pelvis,** but from those conditions which **congestion** makes upon the

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organs that were and are of the pelvic organs themselves. Thus we find that these pressures produced by these are the cause of the **violent headaches**, the insomnia, the inability for the body to rest as it should ...”

TREATMENT PLAN:

1. Osteopathic manipulations and massage with oils
2. Wet cell battery with Atomidine
3. Diet – easily assimilated
4. Radial appliance
5. Surgery if necessary

COMMENTS: Note pelvic etiology for violent headaches.

1185-1 FEMALE 33 6/3/36

ETIOLOGY AND PATHOPHYSIOLOGY: " IN THE BLOOD SUPPLY, this we find with little disturbance save when there are the nominal periods of the **eliminations through drosses from the system, or at the menstrual periods** ... there are the **headaches** and the heaviness across the small portion of the spinal system, or through the lumbar and the lower portion of the kidney area.... there have been through **those periods of gestation, or the end of these - or at childbirth, an adherence of the organs of the pelvis; so that the uterus and the tubes themselves are PULLED to the side**, and thus produce at these periods the disturbing conditions, as well as those conditions that arise of a disagreeable experience at those periods of coalition [coition].”

TREATMENT PLAN:

1. Gynecological treatment – straightening and and packing uterus.

COMMENTS: Note pelvic etiology for headaches with possible menstrual headaches.

338-5 FEMALE 43 7/1/36

ETIOLOGY AND PATHOPHYSIOLOGY: "But those tendencies for the system to become surcharged make for periods when the activities to the nervous system produce the **headaches**, the general tired feeling, the poor eliminations as arise, the lack of the lymph circulation through the whole of the alimentary canal as well as in the activities to the extremities of the body. These we find would be materially aided if there were less of those **congested portions** that have formed into some **minor lesions, some deeper lesions, along the cerebrospinal system**.... (Q) What can I do to help the condition of my eyes as I have **severe headaches the day after I read?** (A) This is another of those indications where the needs are for the deep manipulations in those specific areas as make for the associations of activities in the circulatory forces from those influences of the assimilating system. The reactions from the **upper dorsal and throughout the cervical** area from this character of treatment would relieve these pressures most perceptibly.”

TREATMENT PLAN:

1. Osteopathic manipulations
2. Violet ray
3. Eyewash
4. Alkaline diet
5. Constructive attitude

COMMENTS: Note nerve pressures in upper dorsal and cervicals as cause of headaches related to eyestrain.

261-23 MALE 48 7/5/36

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) How soon may **headaches** be expected to be over? (A) Not until there has been not a strain but a **general reaction through the alimentary canal** and the removal of **the inflammation that has caused**

those distresses through the lower portion of the duodenum, the jejunum and colon.”

TREATMENT PLAN:

1. Enemas
2. Silosan compound
3. General massage
4. Zilatone
5. Osteopathic manipulation

COMMENTS: Note intestinal etiology for headaches. The enemas were specifically recommended to relieve the headaches.

1203-1 FEMALE 51 7/13/36

ETIOLOGY AND PATHOPHYSIOLOGY: "Through these disturbances we find an unbalanced condition produced in the structural portions of the body, especially through **the pelvis and through the 4th lumbar axis**. And this makes for a nervous reaction at times, that upsets the assimilating system, that makes for periods when there are those overanxieties through the body and a general disturbance through the whole of the circulatory system....

TREATMENT PLAN:

1. Radial appliance
2. Osteopathic treatment
3. Tonic: Strained Honey, Syrup of Sarsaparilla Compound, Syrup of Mullein, Syrup of Rhubarb, Tincture of Stillingia, Elixir or Syrup of Wild Cherry
4. Diet – avoid highly seasoned foods

COMMENTS: Note dysfunction in pelvis and lower spine with effects to digestive and circulatory systems. Also note effects of tonic: “Also a tonic will aid in the eliminations, in the activities through the organs of the pelvis, relieving those **headaches**, relieving and aiding in the better appetite AND assimilation ...”

1204-2 FEMALE 17 7/15/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the present we find there has been an inclination for an unbalancing in the glandular forces in the manner of the secretions between **potash and alkalines**, or potashes and iodines in the system. The **potashes have been as in an excess**, and this combination with those influences of the structural portions or its activity upon same has become localized in a condition in the **pelvis** and thus we have had and have an inflammation of the covering of the hip bone, and the pelvis end of same. And we find that there are those **reflex conditions** where the body complains of being tired, shortness of breath at times, a fullness through the digestive system, tendency towards an irregularity through the periods of the **menses**; conditions that arise from headaches that are of an abnormal nature, and have settlings of acute conditions in various portions of the system. These are the effects and basic causes arise in a **clogging or choking through not only the thyroid glands themselves but some hindrance through the adrenals** and the lack of a balance of activity through the assimilating forces as augmented with the activity of the **thymus** as well as the activity in the **lacteals** as they assimilate from the system through the chyle's activity to certain food values.”

TREATMENT PLAN:

1. Atomidine
2. Simmons' Liver Regulator
3. Fletcher's Castoria
4. Ultra-violet ray with animated ash
5. Osteopathic manipulations
6. Basic diet – no potatos or fried foods

COMMENTS: Note glandular etiology with potassium/iodine imbalance.

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639-3 FEMALE 65 7/17/36

ETIOLOGY AND PATHOPHYSIOLOGY: "There are in the present those tendencies for the **stress and strains** that have existed and have been produced along the **ganglia in the cerebrospinal system**, with the tendency for the accumulations of **poisons from toxic forces** in the body itself to be distributed. Thus there is a continual reaction much in the manner that causes muscular contraction at times to the lower extremities, at others it's an upset stomach, again we will find it's **headaches**, again it will react in those forces to the nervous system as to prevent nominal rest ... In the attempts to set up the eliminations as produced by the incoordination from the strain between the upper and lower hepatic circulation, or that **congestion in the gall duct area and the lack of the EMPTYING of the gall duct** itself (more than the gall bladder), the duct itself then tends to make for an **excess of acid**, a bloating through the abdominal area at times, and a general nervous nauseating disturbance through the whole of the alimentary canal - lack of proper assimilations. As we find, then, in the present, if there would be those stimulations as would first make for what might be said to be a **DRAINING of the liver, gall duct, stirring of the pancreas, the spleen, the eliminations through the alimentary canal**, then we may find that the applications as may be made in those natures as to stimulate eliminations and relaxations through the centers that have shown **the strain by external injury in the cerebrospinal system**, these would be more effective then."

TREATMENT PLAN:

1. Zilatone and Fleet's Phosphosoda
2. Fletcher's Castoria
3. Semi-liquid diet
4. Neuropathic massage with oils
5. Ostoepathic corrections
6. Colonic irrigations
7. Radial appliance

COMMENTS: Note effects of spinal injury to hepatic system and digestive tract producing systemic toxicity and headaches.

1223-1 FEMALE 29 7/18/36

ETIOLOGY AND PATHOPHYSIOLOGY: "... we find in the pelvic organs, and in those activities especially in the relationship of the structural portion of the pelvis itself, there has been produced an **injury to the pelvic bone itself - through those activities that made for the normal eliminations in or at the end of pregnancy**.... Hence we find those **headaches** as arise from these; this heaviness then increased through **those inflammatory forces in the pelvic and pelvis organs** themselves; thus making for a greater disturbance to the body itself."

TREATMENT PLAN:

1. Wet cell battery with Atomidine
2. Osteopathic treatment
3. Basic diet

COMMENTS: Note pelvic injury.

667-5 FEMALE 21 8/3/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the present, then, as we find, there **are pressures in the lumbar and lower dorsal area**, and these make for the upsetting of the organs through the **pelvis area**, as well as making for that reaction upon the nervous system that prevents rest, making for the body being easily tired, upsetting the eliminations and those activities as related to the **digestive forces**; making for those disturbances with the organs of the digestion and their natural reaction to the **sensory forces through the nerves** and energies that make for

the **sympathetic reaction from the head - or those headaches** and those conditions in the system generally."

TREATMENT PLAN:

1. Deep osteopathic manipulations
2. Compound: Tincture of Valerian, Elixir of Calisaya, Iodide of Potassium, Bromide of Potassium, Elixir or Essence of wild Ginseng, Elixir of Lactated Pepsin, Simple Syrup
3. Basic diet

COMMENTS: Note spinal pressures with reflexes to head producing headaches.

1275-1 MALE 43 10/22/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the **6th, 7th and 8th dorsal there are lesions** that gradually slowed the **circulation through the liver and the whole of the hepatic circulation**, thus making for **toxic conditions** in the system. These gradually have filled up until we have an engorgement in the colon, in the transverse and at the turn of the descending colon ... IN THE ORGANS THEMSELVES OF THE BODY, with a **slowed circulation**, naturally there has been an increase in **disturbances to the circulatory forces**; as the **headaches at times, the very slow, dull aching; burning in the eyes**, dryness of the throat at various times; a fullness in the chest and especially just above the cardiac portion of the stomach itself; a slowing of the activity of the liver and the eliminations; discolorations shown in the activity of the kidneys; burnings through the bladder at times when there have been the eliminations through same; and the natural conditions as in the digestive forces as arise from toxic forces and poor eliminations."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Colonic irrigations
3. Basic diet
4. Radial appliance

COMMENTS: Note systemic effects of lesions at 6-8D producing poor eliminations and toxicity and especially disturbances in circulation to the head.

1288-1 FEMALE ADULT 11/10/36

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes my headaches?** (A) **Nervous and gastric pressure upon the central nervous system**. Not only the stimulations of the vibrations of those influences to alleviate this condition that has been caused - and as we have indicated - but the manipulations will relieve this. And except at periods when, as has been experienced, these come on as **terrific headaches**, you will have very few of them. Refrain from sedative as much as possible. When there are the headaches, **put the feet in very hot water and put a hot water bottle upon the STOMACH!** It'll relieve the headache more than all the sedatives taken for this body. Not at first, but it will be much better than tying up the system and producing the very disturbance that is so distracting the whole of the body."

TREATMENT PLAN:

1. Wet cell battery with Spirits of Camphor and Atomidine
2. Osteopathic treatment
3. Alkaline diet
4. Enemas
5. Hot water treatment for headaches

COMMENTS: Note gastric etiology with specific treatments for headaches.

1303-1 FEMALE ADULT 12/8/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In some times back we had a condition in the system of the nature from the

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effects or **after effects of "flu" - intestinal "flu."** And this condition so disturbed the activity of **the liver, the spleen, the pancreas**, the actions of the excretory and secretive functioning of the liver as a duct and **the whole of the hepatic circulation, that these have been and are effects**; though through the periods or for the last two and a half to three to four years these have gradually grown more and more disturbing - these are the effects produced: In the blood supply we find the inclination for toxic forces to be apparent, and at times by over-taxation... that dull, laggard, heavy feeling throughout the whole of the extremities, through those portions even of the torso of the body, as of a feverish expression - with a **dull, mean character of headache** that brings rather those feelings of lack or loss of appetite, and with bad tastes in the mouth... [after treatment] ... if the body finds that there are still those tendencies for languidness, easily tiring, the bad taste or the **headaches** or those sleepinesses that come at times, then repeat the doses for the cleansing of the liver and the gall duct and the alimentary canal."

TREATMENT PLAN:

1. Attitude adjustment – be helpful to others
2. Zilatone and Fleet's Phosphosoda
3. Fume bath with wintergreen or Atomidine followed by rubdown
4. Basic diet
5. Osteopathic or neuropathic massage

COMMENTS: Note after effects of intestinal flu with regard to hepatic system and dull, mean headaches.

480-30 FEMALE 24 12/18/36

ETIOLOGY AND PATHOPHYSIOLOGY: "... there has been **considerable disturbance between the coordinations of the cerebro-spinal and the sympathetic or vegetative nerve systems** ... there are those tendencies for a little dizziness and the **sick headaches** as arise ..."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Upjohn's Phosphate of Soda
3. Keep in open

COMMENTS: Note sick headaches. Here are the specific instruction for osteopathic treatment for the headaches: "The coordinating in pressure at the vagus or 3rd cervical center and the 1st lumbar would be very good. It would quiet the whole system. And then after this is held for a few minutes, change this from these centers to the 5th cervical ganglia and the 4th lumbar center or axis. This will tend to allow for a drainage to the whole of the nervous system that receives its impulse from these ganglia and centers, and gradually quiet the body; as will the pressure at times - when it is VERY severe - at the 1st cervical and the coccyx center, or about the 2nd, 3rd and 4th coccyx area. These just held, with a little trembling pressure, will be found to be most helpful, most quieting to the body. These perhaps not all at once, and yet if the conditions are very irritating they may ALL be used during the same period of manipulations."

1196-5 MALE 58 12/18/36

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood supply there are still those indications of **the poor circulation through the whole of the hepatic system. Toxic forces** are naturally then apparent, or the LACK of proper eliminations through the lower portion of the alimentary canal. Not the proper secretions by the gall duct, the spleen and pancreas as combined with the activity of the system. Consequently we have days or periods when the body has **dull, mean headaches**; with a languid feeling, numbness through the extremities of the body, a feeling

of poor eliminations; bad taste in the mouth and NOT proper digestion going on."

TREATMENT PLAN:

1. Zilatone
2. Enemas
3. Milk of Bismuth and Milk of Magnesia
4. Manipulations and adjustments

COMMENTS: Note hepatic etiology with systemic toxicity and dull, mean headaches.

1311-1 MALE ADULT 12/23/36

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find there have been for some time, **first lacerations and then a hardening of the walls of the stomach.** With palliatives, and these mostly **sedatives**, there has been produced through the **gall duct area, portions of the jejunum and the colon**, from these very strains as produced, inflammation of the connecting membranes - or the mucous membranes as surround the intestinal system; the walls even of same becoming inflamed. Hence the acute pains that have been through portions of the body at times; the inability of perfect assimilation, the heaviness as to the disturbance when the body attempts to move about much; **headaches**, nausea, constipation and the like have been the resultant conditions throughout the disturbing forces."

TREATMENT PLAN:

1. Abdominal castor oil packs
2. Yellow saffron tea
3. Milk of Magnesia and Milk of Bismuth
4. Basic diet
5. Enemas
6. Do not rail at anyone or hold grudges

COMMENTS: Note gastrointestinal etiology and psychological aspects of this case: "Do not rail at anyone. Do not hold grudges. Do not hold ANY of those tendencies that have so long made for disturbing conditions in the experience. Because others have neglected or do neglect or mistreat or take advantage, know that if ye rail on them ye are creating poison within thine own system. But if ye do not rail on them, it turns upon THEM! But BLESS them, rather."

843-3 MALE 53 12/30/36

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, produced by **nerve strain, at times improper diet**, anxiety of the body, it has reverted much to disturbances that have existed through the weaknesses in the **organs of digestion**, to the old disturbance of inflammation in the cardiac as well as pylorus end of the stomach. Thus a form of **acidity** is produced, allowing through these disturbances at times for there to be regurgitation from the duodenum - or duodenal condition back to the lower end of stomach.... The loss of the appetite and yet at other times there are desires for food, and soon satisfied - yet little that digests properly. The **headaches**, the nervousness, all arise from these conditions."

TREATMENT PLAN:

1. Change diet
2. Yellow saffron tea
3. Small doses of olive oil
4. Milk of Bismuth and Milk of Magnesia
5. Wet cell battery
6. Apply ideals

COMMENTS: Note stress and improper diet contributing to digestive system dysfunction and headaches. The actions of the bismuth and magnesia were cited: "We would find also that occasionally a teaspoonful of Milk of Bismuth taken of an evening before retiring will be helpful; as also at other times Milk

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of Magnesia. These, of course, work opposite - one is an alkaline, the other is an absorbent - but the poisons must be eliminated from the system."

1278-7 FEMALE ADULT 1/8/36

ETIOLOGY AND PATHOPHYSIOLOGY: "The vitality and the resistances, and the anxieties that have arisen in the attitude of the body itself, make for weakening conditions....

These changes have come from the lack of the proper assimilations that build for resistances in the system. Thus as we find the digestive forces of the body give a good deal of trouble. The **lack of resistance** has so quickened the pulse. The **lack of resistance** also has made for a greater strain upon the lymph circulation.... with the contributory effect of the **digestive forces** - a choking or full sensation in the throat and about the bronchi and larynx; as well as making for the effects of same do not aid in alleviating but produce rather a continual irritation that makes for **dull headaches** and weaknesses throughout the body."

TREATMENT PLAN:

1. Osteopathic adjustments for drainages (upper dorsal and cervicals)
2. Tonic: Honey, Grain Alcohol, Essence of Wild Ginseng, Syrup of Rhubarb, Syrup of Senna
3. Semi-liquid diet that is body and blood building
4. Enemas
5. Radial appliance
6. Keep outdoors in open

COMMENTS: Note effects of general debilitation.

1131-4 MALE ADULT 1/10/36

ETIOLOGY AND PATHOPHYSIOLOGY: "When **cold and congestion** has affected the body, as in the present, it (the congestion) has localized in the soft tissue of the face, or in the upper and the lower antrum. And this congestion, as it drains from the system poisons, produces an irritation through the mucous membranes of the throat and thus - ENTERING through the digestive forces - upsets the whole system by the **superacidity** as produced there, forming almost the same character of effect through the stomach or digestive system as that of a catarrhal condition. Thus the lack of appetite, or just the reverse as may come at times; the desire for food but soon satisfied; the lack of the proper digestion, and disturbances through elimination. But the greater distress becomes the soreness of the throat, the lack of the ability to rest, the **pressure upon the tissues of the head giving headaches** and the **aching across back of the head**, through the shoulders; the chilly, cold sensations - and yet hot sensations also. These become then as the result or the effect of this condition. For we find through the **sinus and through the antrum, through those soft tissues, the localized congestion.**"

TREATMENT PLAN:

1. Alkaline laxative: Fletcher's Castoria, Sal-Hepatica, Fleet's Phosphsoda, or Upjohn's Citroc carbonate
2. Glyco-Thymoline taken internally and as nasal spray
3. Atomidine
4. Paint sinus and antrum with Laudeanum and Aconite followed by hot Epsoms salts pack for headaches
5. Keep feet warm
6. Osteopathic treatment
7. Keep constructive mental attitude toward others

COMMENTS: Note infectious etiology with effects to the head, face and stomach. The psychological aspect of this case was also cited: "In the mental forces let there be the constructive influences ever; NEVER as condemning of self or of others. This makes for, in the mental attitude, a greater constructive force. DO

NOT allow self to become angry; for this creates, with congestion, disturbances throughout the alimentary canal, hard upon the heart forces and upon the digestive system."

1327-1 FEMALE ADULT 1/31/37

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find arise from a **subluxation in the lumbar area**. Not in one but in most of the segments of the lumbar, but more specific upon the axis. Thus the organs of the system as related to the organs of the **pelvis**, as related to the distribution of the energies for the system and especially the suffering as produced from the organs of **elimination in periods**, and an affectation also to the **circulation** to the pulmonaries and a **cross disturbance in the eliminations between the alimentary canal and the respiratory and perspiratory system**. These as we find then produce or make for, at various times or at periods, **headaches**, distresses, upsetting of the digestion, a general depleting to the whole of the system itself."

TREATMENT PLAN:

1. Osteopathic treatment
2. Sinusoidal treatment to empty gall duct
3. Laudanum and Aconite to lumbar

COMMENTS: Note lumbar subluxation with effects to pelvic organs, digestive system and circulation. For extreme headaches, the following was recommended: "In the periods of the extreme headaches, the excess acidity, we find that bathing those portions of the lumbar area indicated with a combination of three parts Laudanum to one part Aconite, followed by the application of heated salt (in bags or pads over the lumbar area), would make for an easing of the disturbance."

1331-1 MALE ADULT 2/4/37

ETIOLOGY AND PATHOPHYSIOLOGY: "THE ORGANS OF THE BODY, in those areas about **the liver do we find a basic disturbance**, for there are the inclinations for the flows from the **gall duct, or gall bladder**, to be hindered; and at such times there are acute conditions in the right side, over the areas of the lacteal duct and the umbilicus center. This also causes formations of gas, also indigestion and poor assimilation; so that it becomes necessary that there be properties for the flushing of the system and precautions taken as to the effect at such times had upon the pressure upon the heart's activity. **The headaches** that arise at other times come from these same disturbances."

TREATMENT PLAN:

1. Castor oil packs over liver
2. Abdominal massage with Olive Oil, Myrrh, and Benzoin
3. Zilatone and Phosphsoda
4. Castoria
5. Hot pack over kidneys: Mutton Suet, Camphor, Turpentine
6. Enemas
7. Osteopathic manipulations
8. Semi-liquid diet

COMMENTS: Note hepatic etiology for headaches.

1117-3 FEMALE 66 1/11/37

ETIOLOGY AND PATHOPHYSIOLOGY: "That inclination for the **colon to choke or clog** by the **very lack of the lymph circulation** (produced by **non-activity of the body in some respects**), and those inclinations for the mucous membranes to become rather dry as it were from lack of circulation, continues to make for a great deal of disturbance in the eliminations from the system. The **natural accumulations from poisons from non-eliminations** cause all cause all the characters of the distresses in most of the disturbances. This naturally makes for a laggardness or slowness in the activity of the excretory

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functionings of the digestive system, makes for dizziness and **headaches** at times and for inclinations for the folds of the lower portion of the eliminating channels to cause or give some disturbance."

TREATMENT PLAN:

1. Enemas
2. Castoria
3. Neuropathic massage
4. Basic diet
5. Constructive thinking

COMMENTS: Note toxic bowel and auto-intoxication producing headaches and systemic upsets.

1344-1 FEMALE ADULT 3/1/37

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, some times back there was - from **cold, congestion** and neuralgia condition arising after a disturbance of a period of elimination - that which caused the forming of a **cyst about the capsule of the right ovary**.... The **operative forces** then removed in part portions of the disturbance as caused by the **adhesions** in that area of the system.... In the present then, as we find, with this condition there is the adherence of tissue or the forming of what may be called scar tissue - or adhesions. This combined with the **period of change**, then, is the basis of the disturbances in the body at present; producing those periods of **extreme headaches**, those periods when the feet and limbs - even the bladder - cause distress or disturbance through sympathetic reaction rather than organic ... With the **extreme headache** naturally there comes at times, not always, some nausea; but the inclination for the body to overeat. With this tendency for inflammation through adherence of tissue in the caecum area and about the ovaries, we find **constipation becomes part of the disturbance. It is an effect and also causes the character of headache that occurs at other times.** Hence we will find the body **has periodical headaches of one nature and at times the character headache of another nature. One is a pressure more upon the temple and top of the head, the other through those portions of the frontal bone above the eyes and back of head.**"

TREATMENT PLAN:

1. Enemas
2. Hot pack of Mutton Suet, Turpentine, Camphor, Benzoin across caecum and whole right side
3. Massage same area with oils
4. Basic diet
5. Laxatives: Syrup of Figs or Castoria
6. Hemorrhoid ointment

COMMENTS: Note complex pelvic and toxic bowel etiology. Cold and congestion produced ovarian cyst that required surgery which left adhesions. With menopause, the adhesions produce severe headaches. The other form of headache is produced by constipation. Note different manifestations of each etiology in the location of the headache pain.

1345-1 FEMALE 28 3/3/37

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the greater disturbances arise **from inactivity and superactivity of the glandular system**.... Hence the alterations in the manner of reaction at times in the body, the highly nervous tension in some periods, the inactivity of the organs in assimilation and especially in **eliminations during periods**, make for a suppression to the nominal reaction for the physical and mental coordination at periods. Also there are the inability of the body for **proper conception, proper reaction in eliminations**. Hence the upsetting condition to the body through the kind, the **character**

of headaches as arise from same; and the general disturbance to the body."

TREATMENT PLAN:

1. Osteopathic treatment
2. Wet cell battery with gold

COMMENTS: Note glandular etiology with possible menstrual headaches.

1351-1 MALE ADULT 3/20/37

ETIOLOGY AND PATHOPHYSIOLOGY: "The body has had the experience where there was (in times back) considerable **internal fever, and this affected the lymph circulation** to a great extent; creating in the **superficial portion** of same the effect (in many ways) of **scar tissue, or the lack of the proper coordination between the superficial and the deeper circulation**.... In the attempts of the body to adjust itself to the varying condition (and effect) in the circulatory forces and in the nervous system, there has been an unbalancing in the activities of organs and glandular forces as produce these activities for the body. Hence we have those effects of these through a **disorder in the digestive system** as well as a characterization of nervous reactions to the **headaches**, nervous disability, or the lack of the vitality without a great strain upon the body."

TREATMENT PLAN:

1. Fume baths with Atomidine followed by massage
2. Milk of Bismuth and Lactated Pepsin
3. Enemas
4. Alkaline diet
5. Radial appliance while meditating

COMMENTS: Note effects of fever to digestive system and incoordination of the deep and superficial circulation.

608-10 FEMALE 10 3/27/37

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, conditions are much improved from that as we have had here before, but there should be remembered, there are the tendencies for **irritation in the caecum area**; that is, the right lower portion where the smaller intestine or the jejunum joins with the ascending colon. Thus the massages and the Oil Packs occasionally - that is, once a week - should be continued for some time, or until there are no recurrent conditions of the **headaches**; though these in part arise **from periods of change in the glandular forces of the body**, or the developing body.

TREATMENT PLAN:

1. Massage of abdomen and spine
2. Castor oil packs over caecum
3. Atomidine
4. Colonic irrigation or enema
5. Laxative diet
6. Vinol
7. Laxative if required: Phenomint, Ex-Lax or Castoria

COMMENTS: Note dual etiology for headaches for this girl. The intestinal cause is addressed by the colon cleansing therapies and the glandular by the Atomidine.

877-16 MALE 45 4/29/37

ETIOLOGY AND PATHOPHYSIOLOGY: "THE BLOOD SUPPLY, while near normal in its pressure, in the pulsation, there is a variation shown in the **character of the eliminations** - and not a full glandular reaction in assimilation nor a full organic activity in the **hepatic circulation in the eliminations of the body**... (Q) How eliminate **headaches**? (A) The activities of the body, the **eliminations** from the body - these will keep down the headaches. When these arise from disturbances -

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overindulgences, overtaxations - use Salicon, and follow same - the next morning - with the Eno Salts; a teaspoonful.”

TREATMENT PLAN:

1. Psyllium seed (blonde)
2. Fume bath with wintergreen followed by massage
3. Atomidine
4. Exercise in open
5. Basic diet with no strawberries, shell fish, red meat

COMMENTS: Note toxic bowel and glandular etiology for headaches.

667-7 FEMALE 22 5/6/37

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes **severe headaches**? (A) The pressure upon the nervous system, as has been indicated, **not only in the lacteal duct and gall duct area but those tendencies for adhesions or a filling through the caecum area and a sympathetic condition to the pelvic organs or the genitive organs.**"

TREATMENT PLAN:

1. Osteopathic manipulations
2. Hot salt packs for pain relief in lower spine and abdomen
3. Salicon (sedative)
4. Eno salts
5. Easily digested foods
6. Radial appliance

COMMENTS: Note abdominal etiology.

603-3 FEMALE 34 5/11/37

ETIOLOGY AND PATHOPHYSIOLOGY: " IN THE NERVE FORCES OF THE BODY, here we find rather a complex condition. You see, there has been **in times back an injury here**; slight at first, the second made for periods when the kidney activities were disturbed at the time. This just below the 9th dorsal, or between the **9th and 10th**, making for a **pressure upon the solar plexus center**. Thus that reflex activity that is felt at times through those areas about the gall duct area, and the attempt of the system to adjust itself aids in bringing about periods when these disturbances arise.... **The organs of the pelvis, the abdominal organs - that is, through the colon, through the lower portion of the spleen's activity** - all of these have a part in the condition, from the pressures indicated just in the lower portion of the 9th dorsal area.... (Q) What is the cause and remedy for the **severe headaches that I have during or just after menstruation**, which is very scanty and discolored? (A) Again those periods of reaction from the pressures that have been indicated; these making for the **natural reflex action to the sympathetic conditions to the head and neck** and the distresses to the whole of the circulation, through acting upon the organs of the pelvis."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Radial appliance while meditating
3. Light diet
4. Enemas
5. Laxatives: Inner Clean, Simmons Liver Regulator or Eno Salts

COMMENTS: Note menstrual headaches produced by nerve reflexes to head. These reflexes were discussed at length in this reading: "(Q) Please diagnose the cause and remedy for the nerves and muscles along my spinal column, back of the neck and head, and extending over the top of my head to the forehead, which makes the top of my head feel dead, also the nerves and muscles in my neck and throat tightening and causing a choking sensation. (A) These effects arise from the deeper subluxation in the 9th dorsal, and - as has been indicated - with the correction of this, and the coordinating of the cervical area, with the removal

of the pressures in the dorsal area indicated, we will find these areas will become more and more relaxed. (Q) What is cause and remedy for the pupils of my eyes becoming dilated to the extent that I cannot see and the rapid blinking of my eyelids, and dizziness at the top of the head? (A) This is the same reflex action from the pressure. You see, the solar plexus center - 9th dorsal, 9th and 10th - or 7th, 8th, 9th, 10th, 11th - 9th dorsal is where the jam or the closeness is. See, there is a pulling upon the activity to the brachial center, to the vagus center. From the vagus center and the brachial center we have the coordinating, as has been given, as a reflex between the sympathetic and cerebrospinal, which makes a complex condition in the nervous system. These are the areas from which the sensory forces - that is, to the eyes, to the throat, to the ears, to the auditory forces, to the sense of feeling - receive their impressions, you see; or the flow of blood to the basic condition must be relieved first, then the coordinating of these will bring about the normalcy in the upper portion. It will be found also that it will relieve the stomach disturbance that arises by the indigestion, that is a pulling of the condition to the sensory forces as indicated."

1389-1 FEMALE 24 6/18/37

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find these arise from the tendency of the organ, or of the **womb itself, to be pulled back**; owing to a distress produced by a **hurt or an injury in the cerebrospinal system**. This pressure, in its gradual change through those periods when there were cold or congestion contracted by the body, **during a period of menstruation** when there was rather the effect of **cold or congestion**, has produced something of a **catarrhal condition** there.... Thus we find, **during those periods**, a great distress. **Beforehand** the effects of same appear as dizziness, **headaches**, bearing down pains ..."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Radial appliance to 4L and pubic bone
3. Salicon as sedative
4. Massage with Mutton Tallow, Turpentine and Camphor
5. Attitude adjustment

COMMENTS: Note pelvic etiology with premenstrual headaches.

1400-1 FEMALE 32 7/7/37

ETIOLOGY AND PATHOPHYSIOLOGY: " While these **have been called migraine**, this as we find is **not the perfect description** of the character of distresses as would be indicated by the name.... IN THE BLOOD SUPPLY, there are the indications of **the inflammation or pressure that is from a diseased nervous system**; or those centers from and through which there is **the coordination between the cerebrospinal and the sympathetic nerve centers or systems**. These are the centers from which the radial activity arises that produces these **intolerable headaches at times; headaches at base of brain, top of head, through the sides of the head. These vary just a bit according to the condition or the pressure or the reaction that brings about the arising or the arousing of the nervous system** to the reaction. These conditions, as we find, arose from that of cold or congestion, or a neuralgic reaction to the nerve system from **cold - or flu**; thus involving the glandular system which must be taken into consideration in bringing help or relief, as well as to remove the pressures and build up the general reactions. For **excitement, cold, overtiring, the regular menstrual period of elimination** or reaction, all of these have their bearing upon the condition; and from one or the other or all of these sources does the condition at times arise. THE EFFECT OF THESE UPON THE NERVOUS SYSTEM, we find, as has

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been indicated, it is that condition or those centers through which the cerebrospinal and the vegetative or sympathetic systems coordinate. Hence we find at **the 2nd and 3rd cervical, the 1st and 2nd dorsal, throughout the lumbar area, in the coccyx** end of the spine, specific centers that will be found under the various stresses to be quite sensitive to the conditions that exist."

TREATMENT PLAN:

1. Atomidine
2. Radial appliance
3. Osteopathic manipulations
4. Basic diet
5. Limewater, Cinnamon Water, Iodide of Potassium, Bromide of Potassium

COMMENTS: Note that this was not actual migraine. Note infectious etiology with widespread effects produced to the spinal nerve centers. Note various triggers for headaches including menstruation. A background report states, "She has severe headaches each day, starting around eight or nine o'clock each morning and lasting until afternoon. It begins by a severe burning in the neck in back and extending up into the head. Shortly after this burning the pain begins in the back of head and neck and extending up over the head. She is unable to do her housework when most severe. This, of course, causes a very nervous condition." The condition has existed for several years.

1412-1 FEMALE 55 7/19/37

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find, the disturbing conditions are rather a combination of the mental disturbance through **worry, anxiety, and the emotional nature**, with the **changes that are coming about in the physical forces of the body**. There are, as we find, **pressures upon the lower axis, or the 4th lumbar and the coccyx area**, which - combined with the **anxieties** - produce a high tension in the nervous system; making for pressures **or headaches in the back and in the top of the head** and the organs of the sensory forces through the pressures upon the lower portions in the 9th dorsal center of the cerebrospinal system as combined with those in the lumbar area, cause the inclinations for dry throat, for anxiety that becomes such that the blames of everything come not only upon self but on all those about same.

TREATMENT PLAN:

1. Chiropractic treatment
2. Alkaline diet
3. Tonicine
4. Constructive and spiritual outlook

COMMENTS: Note psychological aspects combined with nerve reflexes from spinal centers producing headaches in this menopausal woman.

379-11 FEMALE 56 7/28/37

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the body has overdone it-self in physical activity and in attempting to do more and longer activities that the strength of the body really permits.... (Q) What causes **headaches**? (A) **WEARINESS**; and **overtaxing the system, and the nerve system crying out AGAINST the overexertions!**"

TREATMENT PLAN:

1. Rest
2. Citrous fruit juices
3. Massage
4. Enemas
5. Alkaline diet

COMMENTS: Note general debilitation and morning headaches.

1429-1 MALE 68 8/24/37

ETIOLOGY AND PATHOPHYSIOLOGY: "Hence the basis of the condition lies within a **gall bladder or gall duct** disturbance, as well as an **engorgement in the colon area**; and the indigestion or the dyspepsia that sometime ago was experienced by the body... Then, we find in the colon - in the ascending and a portion of the transverse colon - an engorgement; and something of a prolapsus in the descending colon. Hence we have had at times this fullness across the abdomen, this inability - through the very circulation or poisons as carried in the system - for the activities in the locomotories; the heaviness in the feet, the pains across the small of the back, the catches under the knees at times and through the shoulders; as well as a **dull headache** that has been a part of the experience and this at times has affected the throat, the eyes AND the hearing, as a ringing in the ears."

TREATMENT PLAN:

1. No meat, fried foods or butter
2. Laxative: Sulphur, Epsom Salts, Cream of Tartar
3. Abdominal castor oil packs
4. Enema

COMMENTS: Note gall bladder etiology producing toxic bowel and dull headaches.

850-5 FEMALE ADULT 8/31/37

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **incoordination between the deep and the superficial circulation**; the cause, the effect of the **catarrhal condition** through the body ... (Q) What causes the **fullness in head and headache**, especially when I add figures? (A) **Circulation**, as has been indicated."

TREATMENT PLAN:

1. Compound: Podophyllum, Leptandrin, Sanguinaria
2. Castoria
3. Osteopathic treatment
4. Basic diet
5. Exercise in the open such as walking
6. Atomidine spray

COMMENTS: Note catarrhal condition disturbing circulation as cause of headaches.

480-43 FEMALE 25 9/9/37

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are still those inclinations for the **glandular system** to produce **the headaches or the improper flow between the superficial and the cerebrospinal circulation** is the cause of the periods when there is the little dizziness, or when overanxiety or anger produces that reaction upon the nervous system of the body as to cause the extra flow of energy through the circulatory system to the digestive forces; or to the **balance in the nerve system** which occurs in the **first cervical to reactions to the brain.**"

TREATMENT PLAN:

1. Clary water
2. Ventriculin
3. Constructive activities

COMMENTS: Note glandular etiology for headaches produced by unbalanced circulation.

1453-1 FEMALE 43 10/11/37

ETIOLOGY AND PATHOPHYSIOLOGY: "The **irregularity of the Periods** and the effect that this has upon the body **during these changes**, as we find, cause the acute conditions that arise at times."

TREATMENT PLAN:

1. Tonicine
2. Abdominal rub and packs

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3. Radial appliance
4. No fried foods

COMMENTS: Note menopausal headaches. Here is a specific remedy for the headaches in this case: "When there are those periods of **disturbance with the head**, and the achey, shaky feelings that come over the body, and the hot and cold sensations, we would use a rub with an equal combination of Mutton Suet, Spirits of Turpentine and Spirits of Camphor over those portions of the abdomen and the back; followed by hot pads. This will relieve the distresses, will relieve even the **headaches** that come at times, and this heavy numbness that occurs."

1459-1 MALE 54 10/15/37

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood supply we find the indications of **lack of proper eliminations** through the system; also of over-taxations; so that at times, owing to the **disturbances through the colon area**, there are those seasons where the body has a feeling of languidness, then the tendency for the contraction or pains through small of the back, tiredness in the feet, a droopy "down" feeling through the abdominal area; not wholly sick but a grumbling, **mean headache**, and the body at times feels rather antagonistic. These are **toxic forces, but arise from the tendency for a prolapsus and a dilation in the colon area.**"

TREATMENT PLAN:

1. Colonic irrigations
2. Steam bath and massage
3. No fried foods or condiments, little starches
4. Radial appliance

COMMENTS: Note toxic bowel etiology for headaches.

1460-1 MALE 13 10/16/37

ETIOLOGY AND PATHOPHYSIOLOGY: "... in the **upper dorsal and through the cervical**, not only obstructions in the activity but for the nerve coordination between the sympathetic and the cerebrospinal.... Hence the **tipping of the stomach** itself, the lack of the ability for food to digest properly; as well as **headaches and the high nervous tensions** that arise in the activities of the body at times."

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance
3. White's Cod Liver Oil tablets
4. Basic diet

COMMENTS: Note spinal pressures producing tipping of stomach and headaches.

1398-3 MALE 38 11/13/37

ETIOLOGY AND PATHOPHYSIOLOGY: "In the present, as we find while conditions have been in many ways much improved, there is the inclination or tendency for the **disturbances between the sympathetic and cerebrospinal circulation** to become incoordinant. Thus we find warnings as for the deeper circulation, as produced by those character of **headaches** where the organs of the **sensory forces** - as the ears, the eyes - partially become involved in the disturbance. The roaring in the head, the glimmer as it were at times in the vision; not always but occasionally - these with the **headaches**, these attendant with an upsetting of the digestive forces."

TREATMENT PLAN:

1. Radial appliance

COMMENTS: Note circulatory imbalance affecting sensory systems and producing constant headaches.

635-9 FEMALE 56 12/11/37

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are still the effects in the system of the **strain produced upon the structural portions of the body** that set in motion the activities of the **glandular system** - that should have remained dormant. Thus **pressures have been produced upon the nervous system**, so as to prevent the body from relaxing perfectly when attempting to sleep; making restlessness or insomnia, producing **headaches; that become very detrimental or terrifying to the portions of the head especially above the ears and across the top, the back of the neck and the like.**

TREATMENT PLAN:

1. Hydrotherapy bath followed by massage
2. Radial appliance or violet ray
3. Basic diet
4. Plenty of rest and general exercise

COMMENTS: Note effects of spinal nerve pressures on glandular system. See previous readings.

779-24 MALE 49 12/11/37

ETIOLOGY AND PATHOPHYSIOLOGY: "The general **PHYSICAL** forces show that there are still disturbances from the **lack of proper elimination** and coordination between the eliminating systems of the body. Hence we have **some toxic conditions**. These produce reactions that make for an upsetting of the digestive system at times; at others **affecting the digestive forces as to produce headaches ...**"

TREATMENT PLAN:

1. Fume baths with camphor and wintergreen followed by massage with oils
2. Bi-Sol-Dol
3. Constructive attitudes
4. Prayer and meditation

COMMENTS: Note toxic conditions with digestive system dysfunction producing headaches.

389-9 MALE 59 12/15/37

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What can be done to relieve **terrible headaches** all along? (A) These arise as much from the **digestive forces** as from any other thing ..."

TREATMENT PLAN:

1. Basic diet
2. Electric vibrator
3. BiSolDol

COMMENTS: Note digestive system etiology for headaches.

808-7 FEMALE 30 12/15/37

ETIOLOGY AND PATHOPHYSIOLOGY: "There are those inclinations still in the **digestive forces** for the system to be upset, thus causing **too much acidity** or the inclination for gas to form through the abdominal area - or a souring as it were from the lack of the lacteal ducts' reaction. Thus the **recurrent or reflex conditions** concurrent with such as to produce a **toxic reaction and some headache**, tiredness and debilitation."

TREATMENT PLAN:

1. Exercise in open
2. Ultraviolet therapy
3. Radial appliance
4. General manipulations

COMMENTS: Note hyperacidity, digestive upsets and toxicity.

1501-1 MALE 55 12/20/37

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find have to do with the functioning of organs, especially of the **lower hepatic circulation - or the kidneys**, and the disturbance that is

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produced in the body and through the circulation by this improper activity.... In this manner or through these disturbances we have at times **headaches that are tiring**, aggravating; we have fullnesses that appear at times after eating; we have the heaviness across the lower portion of the back; we have disturbances with the bladder and through the prostates. All of these cause disturbances through the circulation, and arise from the improper activity of elimination through the **kidney circulation as related to the liver and gall bladder circulation**. AS TO THE ACTIVITIES OF THE NERVE FORCES, these become rather the DIRECTING forces, or - as given - the **headaches** indicated the character or nature of disturbance."

TREATMENT PLAN:

1. Basic diet – no alcohol producing foods
2. Doan's kidney pills
3. Radial appliance
4. Osteopathic adjustments

COMMENTS: Note kidney etiology for headaches produced via nerve reflexes.

1502-1 MALE 46 12/20/37

ETIOLOGY AND PATHOPHYSIOLOGY: "... we have a disturbance in the **gall duct area**, and the lower portion of the stomach's digestive forces - or through the duodenum. As we find, the causes for these disturbances arise from a **subluxation in the 6th, 7th and 8th dorsal centers**. These have arisen from an **external injury in the past**. These have affected the nervous system so that there is the involvement to the sympathetic system as related to the functionings of the organs of the sensory system; as also the overtaxation to the lymph circulation through the bronchi and the lungs and the larynx. These chokings in the system, that arise from the **cold** as indicated in the present, become then rather the contributory conditions.... And the effects become then as **slow headaches, pains through the eyes**, bearing down through the lower portion of the abdomen, the activity of the kidneys becoming involved in same sympathetically."

TREATMENT PLAN:

1. Osteopathic corrections
2. Basic diet
3. Jerusalem artichoke
4. Colonic irrigations
5. Constructive mental attitudes

COMMENTS: Note complex etiology with regard to spinal subluxation affecting gall duct combined with cold infection.

1476-2 MALE 41 12/31/37

ETIOLOGY AND PATHOPHYSIOLOGY: "These began some years ago, when the body **was under stress and strain in a nervous manner, and not with the proper diets**; but with rather a starvation as it were to the nervous system overtaxed same with influences to stimulate the body to activity - of natures that were insidious in their beginnings or activities.... **The blood lacks the ability for the perfect coagulation**. Hence the inclination for the inability of carrying the active forces without carrying the inflammatory forces with same. Hence the inclination for the rapid pulse, and the high nervous tensions with the inclinations of the muscular forces to contract; producing in the extremities of the body tautnesses when there is the least overexertion to the body. It is **not, then, a true heart condition, but of a nerve and blood force**, or disturbance in the nerve and blood supply in such manners as to give those activities through the heart - as from lungs to heart, to liver; as from **circulation to liver, to heart, to lungs - of the skipping at times, overpressure at times,**

headaches that disturb the body almost as migraine in their nature.

TREATMENT PLAN:

1. Balance in diet between sodas, potashes, acidity, alkalinity
2. Magnetic healing as massage especially around head and down spine
3. Colonic irrigation
4. Abdominal massage with oils
5. Fume bath followed by salt and rum rub

COMMENTS: Note complex etiology involving stress and strain and poor diet affecting nerve function and circulation. The vasomotor (vascular) aspect of this case apparently resembles migraine in its manifestation.

1401-2 FEMALE 10 2/26/37

ETIOLOGY AND PATHOPHYSIOLOGY: "For, in the present it is a **GLANDULAR disturbance**.... Those conditions of the **high nervous tension**, those conditions where the body is at the one moment - as it were - overjubilant -, overactive; at another tired, weary, with **headaches**, and aching through portions of the system – All are indications of the manner in which the disturbances are AFFECTING the activities of the organs as related to the glandular and the assimilating and eliminating systems."

TREATMENT PLAN:

1. Santonin and Calomel with Vermifuge (for pinworms)
2. Castoria
3. Halibut Oil with Viosterol
4. General massage
5. Basic diet
6. Exercise outdoors

COMMENTS: Note glandular etiology.

189-5 FEMALE 43 3/11/38

ETIOLOGY AND PATHOPHYSIOLOGY: "To be sure, owing to the **stirring up of poisons** there are times when there is a reverting to many of the old disturbances; as through the soft tissue of face, throat; some disturbance through the eliminations and the digestive system... (Q) What causes the **headaches**? How can this be cured? (A) Just as has been indicated.... When the **headaches come, alkalize the system**; this will be found to be the more helpful. Use such as **Sal Hepatica as an eliminant, as well as an alkaliizer**."

TREATMENT PLAN:

1. Spinal adjustments
2. Sal Hepatica

COMMENTS: Note toxic bowel and systemic hyperacidity as causes of severe headaches.

1567-1 FEMALE 52 4/6/38

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find, in their expression or manifestation, are in the nervous system disturbances which cause **severe attacks of headaches**.... Owing to the **position then of the stomach**, there are those pressures arising - through the **pneumogastric and hypogastric nerve plexus**, through the **secondary cardiac plexus** area, combined with the vagus nervous system - that produce the **greater disturbances through temples, sometimes eyes, at other times the top of the head**. These are **SEVERE reactions to the nerve centers that are reflexed in the activity of the digestive and assimilating system**."

TREATMENT PLAN:

1. Non habit forming sedatives as needed
2. Radial appliance
3. Alcaroid

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4. Osteopathic treatment to correct stomach position
5. Stomach support
6. Basic diet – easily digested

COMMENTS: Note abnormal stomach position as cause of severe headaches. Also note specific nerve reflexes from stomach to head – hypogastric, pneumogastric and secondary cardiac. A background report states that medical doctors called her case migraine involving persistent headache of eight months duration.

303-18 FEMALE 51 4/20/38

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is condition of my eyes, and should glasses be changed? (A) The **poisons** and the effect of **pressures upon the system** that at times assist in bringing on the **headaches, from the pressures upon the nerve system.**"

TREATMENT PLAN:

1. Beef juices
2. Easily assimilated foods
3. Enemas
4. Codiron
5. Electric vibrator along spine

COMMENTS: Note explicit linkage of headaches to toxicity and pressures on nerve system.

1584-1 FEMALE 26 4/30/38

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find arise from specific subluxations which exist in the activity of the nerve forces in their plexus and ganglia along the cerebrospinal system. We find that these **subluxations exist specifically in the coccyx end of the spine**, as from an injury of some character - sitting down hard or a fall. This produces a taxation and an **unbalanced pelvic bone**, so that a great strain is thrown upon the lumbar axis; thus causing **reflexes through the Periods, and severe headaches** that arise at **times apparently by upset conditions through the digestive system** - though the **basis of these is from pressures in the cerebrospinal system** as indicated. These naturally have reflexes through the plexus in the vagus center. Thus at times, with the very nature and character of the headache, the eyes and throat become involved in the condition."

TREATMENT PLAN:

1. Osteopathic treatment
2. Violet ray along spine
3. Alkaline diet

COMMENTS: Note spinal injury (coccyx and pelvic bone) with reflexes causing headaches with possible menstrual association. A background report contain the questions, "What causes headache which she has had continuously for over a period of five years? ... Is there anything to be done for the eyestrain I suffer during the headache attacks."

1632-2 FEMALE 38 7/19/38

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Is it this **emotional conflict which is the basic cause of my headaches?** (A) This is **only a contributory cause to the effect**. As has been indicated, we find that there is a **physical body with its attributes - some of these, the attributes of the physical, are DEFLECTED to be sure by the emotional upset**. But there needs to be the **PHYSICAL corrections** made, and a balancing in the mental attitudes, in the mental approach to not only the body of self but to the relationships of self to other bodies. And know that each body is a temple of the living God, and thus is holy! Desecrate it not!"

TREATMENT PLAN:

1. Radial appliance while meditating
2. Balancing of mental attitudes

COMMENTS: This was a mental/spiritual reading with the single question regarding headache. A previous physical reading addressed systemic hyperacidity and a subluxation in the lumbar area. Her symptoms resembled migraine but a specialist told her that it was not true migraine. She seemed determined to attribute her headaches to emotional causes which Cayce said were only triggers for the underlying physical pathology in producing headaches. A background reports states, "Since 1933 I have been suffering from very severe headaches, of a migraine nature - though I have recently been told by a nerve specialist that they are not TRUE migraine. The first three or four attacks were several months apart during a period, of 2 yrs. and each was definitely the result of an emotional upset. Each time the headache was VERY severe, accompanied by continuous vomiting, and lasting three or four days during which time I had several shots of morphine. In the summer of 1935 I experienced a tremendously severe emotional conflict - and started to have headaches practically every week - about this time a doctor here recommended "[Zymigan?]" to me, and since then I have used it continually - an injection of only one half c.c. usually stops the headache within an hour or two at most, and am quite all right & able to be about as usual. I have had quite a lot of pain in the lumbar region of my back - due to a slipping sacro-ileac joint, whenever – it pains me, I have it corrected osteopathically - but almost always, when I have a bad headache, my back pains me considerably too."

1651-1 FEMALE 48 8/1/38

ETIOLOGY AND PATHOPHYSIOLOGY: "... the **primary cause lies in a subluxation** that has become a part of the condition through the **lumbar and sacral area**. Thus we have **sick headaches, or the character of headaches in which distress is caused both from the cerebrospinal and the nervous system**. There is a form of **nervous indigestion** in the primary manner of reaction; making for the **slowness with which the digestive forces have acted** or have emptied; thus causing great disturbance.... Thus there has been caused what has been **termed migraine, or the effect of the fifth nerve center and the vagus center as to the headaches - on top of the head at times, at others at the base of the brain and then through the temple and eyes.**"

TREATMENT PLAN:

1. Diminish sedatives
2. Osteopathic corrections
3. Radial appliance
4. Alcaroid
5. Massage of face and eye with oils
6. Eat lightly, never fried foods, highly seasoned foods or white bread

COMMENTS: Note description as migraine with reflexes from lower spine to digestive system producing sick headaches. Also note specific nerve reflex involvement of 5th nerve (trigeminal) and vagus. A specific massage for the face and eye symptoms was given: "For the disturbance locally - in the face and eye and lid and left portion - we would have this attended by a masseur or masseuse, - that is, when such treatments are taken, regularly, have the masseur to massage between the shoulders, over the neck - both front and back - and over the back of the ear, across the temple and the side of the face, with an equal combination of Olive Oil, Tincture of Myrrh and Compound Tincture of Benzoin. Heat the Oil to add the other ingredients. After the excess remains, or when the body has absorbed or allowed this to work into the system for a few minutes, then it would be well, of

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course, that these areas be sponged. But don't massage or rub off too SOON, rather wait three to four to five minutes; then it may be sponged off - preferably with a little soda water."

1652-1 FEMALE 21 8/2/38

ETIOLOGY AND PATHOPHYSIOLOGY: "This as we find was **an injury to the coccyx and lumbar area**; and through these inflections of impulses through the nervous system we find that almost from the beginning of the **menstrual periods** there have been brought the disturbing conditions at such times. Then, through **the activities that have been attempted to correct the position of the organs** through the pelvis and through the activities to the body, there has been formed **scar tissue** in a great way and manner; so that **AT the Periods** when there are the activities of the body through the attempts for elimination, a great disturbance is brought - even to the circulatory forces, even to the digestive forces; **the severe headaches that at times occur with these**, the conditions across the small of the back, and even extending at some times to the lower limbs"

TREATMENT PLAN:

1. Osteopathic corrections
2. Violet ray with vaginal applicator
3. Alkaline diet easily assimilated
4. Radial appliance (9D and pubic plexus)
5. Constructive thinking

COMMENTS: Note injury to lower spine causing difficult menstrual periods. Attempts to address the pelvic dysfunctions produced scar tissue. The severe headaches were linked to the menstrual periods.

1468-5 FEMALE 48 8/5/38

ETIOLOGY AND PATHOPHYSIOLOGY: "... the effects are from the **solar plexus center**, as indicated from a pressure in the lower portion of the **9th dorsal area**, with their natural **reflexes upon the lumbar axis and the organs of the pelvis** and the glandular center to the **adrenals**, as well as to the lower end of the **pineal** - that operate with the sympathetic system.... In the activities of the **glands for assimilation** - as the glands through the body have become affected, then if the body eats or uses the activities of the digestive forces they seem to repel or to call upon the body in such a way and manner that assimilation does not take place. Then the **headaches, a pressure on top of the head occurs from such a reaction.**"

TREATMENT PLAN:

1. Hot and cold water therapy followed by massage
2. Calcios
3. Basic diet
4. Specific exercise - pelvic roll and stretching
5. Attitude adjustment

COMMENTS: Note nerve reflexes and glandular involvement. This was a long reading with long metaphysical discourses.

1654-1 FEMALE 26 8/8/38

ETIOLOGY AND PATHOPHYSIOLOGY: "... there is a **lack of elements** in the chemical reactions from **glandular secretions**, or a **lack of the balance between the iodides and the potassiums** in the system, or a lack of that element which may be added in the form of **calcium**.... As combined with the activity of the glandular system, these as we find supply those elements in most of the glandular formations for their ability to secrete from the system in the activity of the **assimilating or digestive system**, to form the elements of reproduction in creative forces for **BODILY** functionings. These as we find then cause or produce at times, under these **stresses from activities in the glandular force**, a strain upon same; producing **headaches that**

become of a nature such that not only is there the feeling of exhaustion but at times a nausea is the result of same also."

TREATMENT PLAN:

1. Calcios
2. Raw fresh vegetables and alkaline diet
3. Radial appliance (9D and extremities)
4. Fume bath and massage

COMMENTS: Note elemental deficiencies and glandular etiology. A background report by this woman described the headaches a dull and persistent.

1657-1 FEMALE 39 8/12/38

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates that there have been, and are, forms of **toxic forces** - as combined with disturbances that are **infectious** in their nature. The infectious forces are indicated more through the activity of the bronchi and the throat, and the irritations from these; with **the natural functionings of food, of swallowing, of the salivary reactions and the mucous membranes - and the upsetting of the digestive forces**. Then the lack of proper coagulation accentuates the disturbances and makes for hard activity upon both the **liver and the kidneys**, as these have been in times back a part of the disturbances.... (Q) What causes the **severe headaches?** (A) **Toxic forces.**"

TREATMENT PLAN:

1. Atomidine
2. Tonic: Gorgon's Dry Gin, Tincture of Stillingia, Essence of Wild Cherry, Compound Syrup of Sarsaparilla, Essence of Yellow Dock Root, Syrup of Ipecac

COMMENTS: Note toxicity in blood and infection in bronchi and throat that was transmitted to digestive system.

1689-1 FEMALE 30 9/24/38

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find, the conditions which exist in the present are the result and the effect of a condition that existed some time back, with an already disturbed condition in the activity of the pelvic organs. And the condition in the present is as a result of a **neuralgia of the womb** itself. Hence the **natural inflammatory condition** which has been a result, that has **engorged as well as misplaced same**. Then the result of the effect upon the ovaries during the **period of menstruation - as before and during the Period** - causes the greater disturbances to the body. These of course produce a reaction upon the sympathetic as well as the cerebrospinal system, as to produce very excruciating pains through the abdominal area, as well as through portions of the back - and nausea, inability to eat; and the **extenuating headaches that are as it were upon the top of the head**; the fullness in the throat, and the activity of those conditions through **the vagus center as related to the activity of the balancing through the medulla oblongata of the nerve forces to brain itself.**"

TREATMENT PLAN:

1. Surgery, or
2. Osteopathic treatment
3. Laudanum and Aconite with Epsom Salts packs for severe pain
4. Diet - body and nerve-building
5. Codiron

COMMENTS: Note pelvic etiology for headaches. Followup questions addressed the headaches: "(Q) These headaches come without warning. Why? (A) The pressures upon the whole of the nervous system, owing to the condition existent in the pelvic system. These will gradually increase, as greater inflammation is produced in the ovarian areas - UNLESS corrective measures are taken. (Q) Why are they more severe now than they have been

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in the past year and a half? (A) As just indicated, there is a greater inflammation and sympathetic reaction to the ovaries themselves; and these act more regularly than, of course, the valvular force of the uterus or the tubes themselves." A report with this file contains this observation by the woman's husband: "However, there is only one drug which relieves my wife's headaches and this is 'Cafergot' - an ergot preparation which restricts the blood vessels. She has tried everything new for headaches, given her by our doctor and during tests at Mayo Clinic, but nothing helps except 'Cafergot.' Because there is nothing else, she has been taking these almost every day, when she feels a headache coming on. In fact, she goes to bed feeling perfectly fine and is awakened by these migraine attacks when she is required to take the 'Cafergot.'"

303-20 FEMALE 52 10/13/38

ETIOLOGY AND PATHOPHYSIOLOGY: "When there are the headaches - which arise at times from nerve exhaustion, at others from the upsetting of the digestive forces, we find: If it is from the digestive forces as produced by the reactions of a sour stomach, or a belching or the feeling of the fullness, then take a FULL quantity - or half a teaspoonful - of those digestive forces, or that will turn the activities of the stomach itself more to a lactic fluid as may act with these in the general system; that is, the **Alcaroid**. This will be found to be most helpful. When it arises from the nerve forces of the body, or the body is trembly or gets excited easily, and there is the heaviness in the feet and lower limbs, then use the **electrically driven vibrator**; especially across the hips and the lumbar area, down the sciatic nerves on the limbs. And we will find it will remove a great deal of this."

TREATMENT PLAN:

1. Codiron
2. Electric vibrator
3. Basic diet - avoid butterbeans

COMMENTS: Note two types of headache - one produced from digestive system and the other from the nervous system. A question was raised about butterbeans: "(Q) Why does body have severe headache after eating butterbeans? (A) Because they don't agree with the body! It's the effect of the casein that comes in same! Just leave 'em off!"

1655-2 FEMALE 25 10/18/38

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause of headache, especially the past 10 days? (A) Toxic forces in the system from congestion through the activity of the liver, the duodenum and around the gall duct."

TREATMENT PLAN:

1. Laudanum and Aconite painted on abdomen first,
2. Castor oil packs afterwards
4. Castoria
5. Citrus juices and beef juice
6. Osteopathic manipulations
7. Constructive thinking

COMMENTS: Note toxicity produced by hepatic system dysfunction as cause of chronic headaches.

1721-1 FEMALE 26 10/29/38

ETIOLOGY AND PATHOPHYSIOLOGY: "The pressures which produce the sources of the headache arise from **subluxations which exist in the LUMBAR axis**. This with the pressures upon the lower portions of the cerebrospinal system causes the lack of the proper assimilations, thus causing **gastric acidity - from which those pressures upon the pneumogastric and hypogastric system produce the headaches.**"

TREATMENT PLAN:

1. Osteopathic corrections
2. Alcaroid
3. Alkaline diet

COMMENTS: Note lumbar subluxations producing gastric hyperacidity with reflexes via hypogastric and pneumogastric causing headaches. A background report states, "For years I have been troubled with severe headaches and a sore jaw. No one seems to know what causes them."

951-3 FEMALE 23 11/16/38

ETIOLOGY AND PATHOPHYSIOLOGY: "Disturbing conditions in the present are rather of an acute nature, arising from some **EFFECT of impingements in the nerve forces of the body**, - as combined with an unbalanced condition in the chemical reactions in the system.... (Q) What causes **terrific headaches**? [which osteopathy relieves] (A) **Nervous pressure** and the general disturbance of the system."

TREATMENT PLAN:

1. Osteopathic treatment
2. Massage kidney area with Mutton Suet, Turpentine, Camphor followed by hot salt pack
3. Jerusalem artichoke
4. Diet - Blood and body-building, no dried beans or peas
5. Colonic irrigations

COMMENTS: Note impingements in the nervous system as causing headaches along with general disturbances in system.

1749-1 FEMALE 48 11/16/38

ETIOLOGY AND PATHOPHYSIOLOGY: "In the first we find there has been the inclination for the body, through activities of **the mental self in its anxiety, to raise or open the centers of the body through meditation** and activity when the physical forces were not in the condition for such. This produced upon the nerve system, especially the sympathetic, what might be called a contaminated stream of negative reaction; causing or producing a nervous breakdown.... Again we find the **digestive system** upset by the same character of slowing of activity of the secretions from the **lacteals**, or the balancing between the **acidity and alkalinity** for the necessary digestive forces. This produced then a state of unbalanced fermentation in the stomach. Then this **caused more nervousness**, more of physical gas and a pressure which produced a disturbing condition. This caused **headaches and dullness**, and with the natural condition as broken between the sympathetic and cerebrospinal nervous system a lulling of the activity of the system towards digestion and elimination."

TREATMENT PLAN:

1. Read the Bible
2. Relaxing spinal adjustments
3. Sinusoidal treatments
4. Affirmations

COMMENTS: Note effects of misdirected meditation and digestive upsets causing headaches.

1756-1 FEMALE 64 12/1/38

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is a disturbance in the **glandular system** as related to the **lymph's activity** in eradicating or eliminating **poisons from superficial circulation**. There is also a disturbance in the **liver or gall duct area**, or the functioning of the activities of the liver as related to ITS functioning with the digestive forces of the body.... (Q) I have a **continuous headache and pain at the back of the neck**. (A) As indicated, these arise from those disturbances indicated."

TREATMENT PLAN:

1. Osteopathic manipulations

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2. Atomidine
3. Epsom Salts bath followed by rubdown with oils
4. Gold and soda taken internally
5. Basic diet with Jerusalem artichokes

COMMENTS: Note glandular disturbance, poor eliminations and hepatic system dysfunction producing neck pain and continuous headache.

1757-1 MALE 60 12/10/38

ETIOLOGY AND PATHOPHYSIOLOGY: "... disturbance in the organs as in relation to **the upper and the lower hepatic circulation**, - that causes an over or **underactivity with the kidneys**, - as at times with some disturbance through the glandular forces in same; and the whole of the system suffers in this way and manner; as in the **headaches, as in congestions in portions of the face, the throat**, and the inclination for clearing the throat and the like."

TREATMENT PLAN:

1. Colonic irrigations
2. Codiron
3. Violet ray
4. General osteopathic treatments
5. Basic diet
6. Hemorrhoid ointment

COMMENTS: Note kidney dysfunction with congestions to face and throat.

1779-1 FEMALE ADULT 1/3/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why am I in a practically chronic state of fatigue, **with intermittent sick headaches** and the inability to get sufficient sleep? (A) As just indicated, because of the **poisons and the toxic forces**, as well as the **lack of the energies** in supplying to the red blood system. And the **overtaxing of the sympathetic system** by the suggestive forces."

TREATMENT PLAN:

1. Colonic irrigations
2. Diet – include deep sea fish
3. Codiron
4. Violet ray
5. Electric vibrator

COMMENTS: Note general debilitation with systemic toxicity.

1783-1 FEMALE 44 1/5/39

ETIOLOGY AND PATHOPHYSIOLOGY: "There has existed in the cerebrospinal system a subluxation which has long been the cause of an upsetting of the digestive system, and the **recurrent conditions of a character of headache as produced from pressures upon the fifth nerve**. This **subluxation** as we find exists in the **secondary cardiac plexus areas, or the 2nd, 3rd dorsal, 5th and 6th cervical**."

TREATMENT PLAN:

1. Colonic irritation
2. Hot and cold spray followed by massage
3. Fume bath with Atomidine followed by massage
4. Osteopathic adjustments
5. Atomidine internally
6. Basic diet

COMMENTS: Note spinal subluxation in upper spine affecting secondary cardiac plexus and 5th (trigeminal) nerve. This may have been migraine with neurovascular etiology.

315-5 MALE 32 1/10/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... through the **congestion and cold** and a little temperature at times, tend to

make for the **very severe headaches** that arise, - not only from the **upsetting of the stomach from the lumbar plexus** but the **incoordination of the digestive forces with same**."

TREATMENT PLAN:

1. Osteopathic treatment
2. Psyllium Seed and Rhubarb for eliminations
3. Spiritual application

COMMENTS: Note digestive etiology for these very severe headaches produced by lumbar subluxation and triggered by cold and congestion. A background report describes the pain as, "Headaches that grip entire head and neck.... Pains at base of brain travelling to right eye-temple; quite painful at times."

1807-1 FEMALE 35 1/31/39

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system do we find the cause of the disturbance; through a **pressure existent in the lumbar and sacral area**. This was produced by conditions that have caused an unbalancing of the pelvic bone, or the **pelvic saddle** rather; and that needs such corrections as to remove the tension on the sympathetic system, as well as the effect produced in the cerebrospinal system from the **woccyx, the sacral, the ileum plexus and the lumbar axis; and then, of course, those areas from the 9th dorsal to the 1st cervical** coordinated with same.... We will find that the inclinations for the **terrific headaches**, and with some applications that are being undertaken, **may become of a migraine nature**. For the pressure and the effect of these upon the nerve forces as radiate through the **vagus centers and areas are becoming involved, and will be found to be very tender; especially in the upper dorsal areas**. Hence these will necessitate that there be GENTLENESS in applying the first three or four treatments, and that there be - through some means - a sedative of a very mild nature, to aid in relieving the tensions through the system, especially for rest."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Atomidine douches
3. Mild sedative as prescribed by physician

COMMENTS: Note spinal subluxations and reflexes to pelvic organs and upper spine (vagus center) that may become migraine in nature. A report with this file states, "At the time of my first reading I had had no relief for one moment from a bad headache for 3 years. Now I have relief for certain periods and for lengthy periods if the treatments can be very regular."

1813-1 FEMALE 43 2/7/39

ETIOLOGY AND PATHOPHYSIOLOGY: "We find, while the pulsation or the pressure is very good, there is also the tendency for an **inactivity of the GLANDULAR system**. This is especially as related to the **assimilating system or glands in those areas that combine or work with the gall duct AND the pancreas, with ITS combinations with the spleen**. Thus we have at times those conditions when there is the **lack of proper alimentary canal eliminations**. We find again disturbances with the conditions at the **Periods** when there is inactivity that causes a **character of headache that varies**. We find the body becomes **rather nervous, rather anxious** about self; at others circumstances and things all apparently affect the body through the nervous system, from this lack of GLANDULAR clarification."

TREATMENT PLAN:

1. Atomidine
2. Acigest
3. Calcios
4. Massage

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5. Basic diet
6. Head and neck exercise

COMMENTS: Note glandular etiology with effects to the digestive and hepatic systems. The headaches appear to have been linked to the menstrual periods.

979-10 FEMALE 69 2/15/39

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find, the **general debilitation** and the effects of **toxic forces** arise from the lack of the proper activity of the organs of elimination. Also the tendencies **towards toxic forces cause the depressions to the body, the inclinations for the headache**, the languidness, the easy tiring, and the shortness of breath. We would have a stimulation to the activity of the liver and kidneys, or the whole hepatic circulation, and a **cleansing of the whole colon area.**"

TREATMENT PLAN:

1. Enemas
2. Vegetable laxatives
3. Osteopathic treatment
4. Basic diet with little meat
5. Violet ray with eye applicator

COMMENTS: Note toxic bowel etiology for headaches.

949-14 MALE 24 2/15/39

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the **irritations** which arise in the **upsetting of the digestive forces, the headaches**, those tendencies for contracting cold easily, arise from **superacidity in the system**. Hence there would be necessitated first the **better eliminations through the alimentary canal**, by the stirring of the activity of the liver as related to the general hepatic circulation."

TREATMENT PLAN:

1. Constructive attitude
2. Alkaline diet
3. Alternate laxatives: Castoria and Syrup of Figs
4. General osteopathic manipulations
5. Outdoor exercise

COMMENTS: Note digestive system etiology for headaches. The general osteopathic manipulations were recommended "for the stirring of the activity of drainages from the upper portion of the alimentary canal, or the emptying of the stomach."

920-13 FEMALE 52 2/15/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is the cause of **frequent headaches**? (A) The **lack of the proper eliminations through the system; toxic forces, accumulations.**"

TREATMENT PLAN:

1. General manipulations for drainage
2. Short wave therapy
3. Diet: more lettuce, spinach and celery
4. Exercise outdoors in the open

COMMENTS: General debilitation and systemic toxicity were cited as the cause of the headaches.

1657-3 FEMALE 40 2/15/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **terrible pain and misery in my head**? (A) As we find, it is the tendency for the **poor circulation between the upper and the lower hepatic circulation**, making for pressures upon the nerve systems of the body; especially the **vagus nerve centers**. These would be removed by the deeper manipulation osteopathically, that would tend to turn the draining into the proper channels, by stimulating the drainage system towards the

alimentary canal. Then keep the alimentary canal clean and purified, of course."

TREATMENT PLAN:

1. Deep osteopathic manipulations for drainage
2. Violet ray

COMMENTS: Note hepatic etiology with toxic bowel.

1829-1 FEMALE 42 2/22/39

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system - as indicated - there are the causes for some disturbances, - as the **constant headaches**, as well as a contributory cause to the **upset digestion** which exists in portions of the bodily forces themselves. These pressures arise from conditions in the organs of the pelvis, - namely: Not only those which exist and have existed from **scar tissue in the pelvic organs** themselves, but the **position of the womb itself** and those conditions in the vulva area. Even the clitoris is involved in the scar tissue; but especially in the ovary in the right side there IS the formation of a lymph cyst at present. And **these pressures cause the headaches**, as applying to the nervous system as well as adding to the drains upon the flow of the lymph and upon the blood stream through the lymph circulation."

TREATMENT PLAN:

1. Atomidine douches
2. Violet ray with vaginal applicator
3. Massage with oils
4. Diet: no fried foods, 1 meal each day of raw vegetables
5. Colonic irrigations

COMMENTS: Note pelvic etiology for constant headaches.

1152-7 FEMALE 64 3/21/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) How can healing of **persistent head pains** be hastened, and how long before completely eliminated? (A) These will NOT be until the **poisons HAVE BEEN ELIMINATED!** These are the effects of **toxic forces** and are a part of the whole of the great disturbances that arise in the nervous system that, of course, cause the **headaches.**"

TREATMENT PLAN:

1. Laxatives: Castoria and Syrup of Figs
2. Colonic irrigations
3. Liquid diet
4. Osteopathic treatment

COMMENTS: Note toxic bowel etiology for headaches.

1807-2 FEMALE 36 3/25/39

ETIOLOGY AND PATHOPHYSIOLOGY: "Now, there should be more of the definite corrections, as well as keeping soft tissue pliant and in order; but definite corrections where **lesions** are indicated in the cerebrospinal system, especially through the **vagus centers, - that is, the upper dorsal and cervical**, - that should bring a greater relief from the strains to the nervous system which are **contributory to the severe headaches** that occur at times. Also there should be the corrections in the lumbar, sacral and coccyx area, that will relieve the tensions through these areas."

TREATMENT PLAN:

1. Osteopathic treatment
2. Violet ray
3. Douches

COMMENTS: Note spinal lesions in upper dorsal and cervical as primary causes of severe headaches.

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1850-2 FEMALE 31 3/28/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes **headache of morning?** (A) The lack of the proper **digestive forces and the lack of eliminations**, causing **toxic forces as well as infectious forces in the blood stream** and the activities through the **pelvic system.**"

TREATMENT PLAN:

1. Atomidine taken orally
2. Atomidine douches
3. Mullein stupes over lower kidney area
4. No fats from diet, include Jerusalem artichoke, more raw vegetables
5. Vegetable laxative (Castoria)
6. Alka-Seltzer to alkalize system

COMMENTS: Note morning headaches with toxicity, poor digestion and pelvic problems.

1855-1 FEMALE 52 3/31/39

ETIOLOGY AND PATHOPHYSIOLOGY: "There have been **injuries (external) in times back such as to cause subluxations** to portions of the structural body, or a jamming of segments along the cerebrospinal system, - especially in the **neck, or the full length of the cervical system, as well as in the upper portion of the dorsal area....** As we find, in making corrections here, - we would apply the hot and cold water to those areas especially in the **cervical and upper dorsal area**; followed by a gentle neuropathic massage. These would make for the greater improvement in the **releasing of the impulses through the activity of the nervous system**, and thus reducing those **violent headaches** as well as the fullness in the throat and the glandular activity in same; and enable the body to care for the conditions as related to gums or mouth or teeth."

TREATMENT PLAN:

1. Hot and cold water treatment with neuropathic massage to upper spine
2. Diathermy treatments
3. Basic diet

COMMENTS: Note spinal injuries to cervical and upper dorsal as cause of headaches. A background report states, "What is the cause of the pain in the bones in my head - all over my head? What is the cause of the spasmodic headaches that seem to be all over my whole head? ... About five years ago, I suffered a very bad blow to the head. Could this have caused a slight concussion from which, at times, I still suffer headaches that may or may not be related to the conditions asked about in the above questions?"

1857-1 FEMALE 38 4/2/39

ETIOLOGY AND PATHOPHYSIOLOGY: " These as we find arise from **adhesions**, that have existed from those conditions which arose during those **periods of motherhood**, - and cause then the disturbances with the **gall duct and liver area, as well as through the caecum, colon** and - naturally - disturbances through the **pelvic organs** at times.... As indicated, there have been **lesions in the last dorsal and first lumbar**, - these have been the sources of the disturbances with this body, **combined with the inflammatory condition which existed at childbirth**, - causing - with those activities in the system - an **adhesion in the right portion of the abdominal area**. This has caused and does cause at times a distress - either when there is **too much acidity or when there are not the proper eliminations through alimentary canal** - that makes for pressures upon the nervous system.... (Q) What special treatment for **migraine headaches?** (A) This is **the reflex here from the condition in the gall duct area**, and as those applications are made **CORRECTING the eliminations and the**

lesions, we will find that the headaches will gradually disappear."

TREATMENT PLAN:

1. Abdominal castor oil packs
2. Colonic irrigations
3. Osteopathic adjustments and drainage of gall duct
4. Basic diet - Jerusalem artichoke
5. Abdominal massage with oils
6. Hopeful attitude

COMMENTS: Note gall bladder etiology for "migraine" headaches caused by spinal lesions and adhesions formed while giving birth. Note that hyperacidity or constipation can be triggers for headaches. Also note possible menstrual migraine pattern. Here is a specific treatment for this woman's headaches: "When there are the attacks, refrain as much as possible from taking sedatives, of course; for these only tend to clog the system in those areas that are ALREADY under stress. But when ready to retire use an electrically driven vibrator across the diaphragm centers, on the spine, you see; 9th dorsal and the brachial center, 1st, 2nd and 3rd dorsal, and the last of the cervicals, and at the base of the brain. This done when there is the attack will be found to relieve the body from having to take other ingredients.... But begin with the Oil Packs SOON, and we will have less and less of the headaches?" Also note this peculiar experience during headache: "(Q) What happened, a few months ago during the headache, when something seemed to pop in my head, - since which time the attacks haven't seemed to be as severe? (A) There is the coordination between the nerve systems, as we have indicated, at the area where the medulla oblongata enters the lower portion of the brain, see? At that period when there was such a severe attack, there was the breaking of a lesion in the ABDOMINAL area. This SOUNDED through the sympathetic nerve system, PRODUCING the condition in the head itself. For, as was indicated, it appeared to go THROUGH AND OUT the head." Finally, note that sleeping on the right side contributes to the headaches: "(Q) Why is it that I cannot sleep on my right side, without the peculiar effect to my head? (A) Just as indicated, here the lesions exist, you see. Lying upon the right side tends to make for a STRETCHING of that portion, and it makes those pressures upon the nervous system as well as upon those portions where the lesions exist. And the lesions exist in the area about the gall duct, as well as the caecum, - or in the appendicial area."

379-13 FEMALE 58 5/1/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Give cause and correction for **sick feeling or nausea, headaches in mornings, bad breath.** (A) As indicated, this is the disturbance from a **lack of the eliminations through the alimentary canal**, - and the **lack of the proper coordination between the superficial and deeper circulation** as related to the whole of the nerve vitality. Hence as indicated, we would cleanse and keep the cleansing of the alimentary canal, and stimulate the strength by a better coordination to the upper and lower portion by the vibratory forces created within the bodily forces themselves, - through the use of the Radio-Active Appliance; and we will bring better conditions."

TREATMENT PLAN:

1. Radial appliance
2. Psyllium laxative

COMMENTS: Note toxic bowel and disturbed circulation as cause of morning headaches. See previous readings.

1882-1 FEMALE ADULT 5/12/39

ETIOLOGY AND PATHOPHYSIOLOGY: "Much of the highly nervous tension arises from **congestions being produced**

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by **resentments**, as well as - now – producing very definite disturbances with **the liver, its activities, the whole of the hepatic circulation**; the very acute pains at times through portions of the limbs, and **very severe conditions with the head**, an upset stomach at times, and the general disturbance of the assimilating system and the whole nervous system.

TREATMENT PLAN:

1. Prayerful, meditative attitude
2. Abdominal castor oil packs
3. Laxatives: Eno salts and Epsom salts
4. Epsom salts baths followed by rubdown
5. Diet: more vegetables, less fat
6. Cocoa butter massage followed by electric vibrator treatment

COMMENTS: Note that resentments produced high nerve tension causing liver disturbance resulting in headaches.

1170-3 MALE 62 5/20/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... there is the inclination for a great deal of **sluggishness through the eliminating channels**.... As we find, if there will be given rather regularly the high colonics - not just enemas, but the high colonics, in a **SYSTEMATIC** manner, - with the osteopathic adjustments to relieve **the tensions especially through the areas from the 9th dorsal upward**, but occasionally making for a coordination with the lower portion, - we would keep down the blood pressure, we would keep away from the gases on the stomach, poor digestion, or sometimes a disturbance that arises with the **headaches, especially of mornings**, and the bad taste in the mouth, and an excess of perspiration at times which becomes disturbing to the body."

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic adjustments
3. No red meat, more vegetables

COMMENTS: Note toxic bowel and spinal tensions as cause of headaches.

1904-1 FEMALE 52 6/1/39

ETIOLOGY AND PATHOPHYSIOLOGY: " The disturbing forces as we find arise from, primarily the **glandular system**; caused by an unbalancing in the chemical reactions in the system and **not sufficient of iodides** or too MUCH of others that cause a reaction upon the glands – that is beginning, as indicated in the **pressures upon the nerve system** - to cause a disturbance in the locomotion of the body at times.... THEN begin with an adjustment, osteopathically administered, to relieve those tensions which exist in the lumbar, sacral and coccyx area, - as well as in the upper dorsal and through the cervical area.... (Q) What causes the **migraine headaches - chronic**? (A) These come from that same character of disturbance. After the beginning of the osteopathic manipulations we should find these gradually disappearing, entirely."

TREATMENT PLAN:

1. Atomidine
2. Osteopathic adjustments
3. Colonic irrigation
4. Jerusalem artichoke and potato peels
5. Calcios
6. One meal each day of raw vegetables

COMMENTS: Note glandular etiology with nerve tensions along spine as factors in this woman's migraine headaches.

1387-2 FEMALE 40 6/12/39

ETIOLOGY AND PATHOPHYSIOLOGY: "We find in the nervous systems the greater cause of the disturbance. Hence as a

part of the disturbance is the **form or character of headaches that vary with the body according to the manner, the nature or the cycle of the disturbance**. But there are definite **subluxations** that exist in the areas from the **3rd and 4th dorsal to the 2nd, and even to the 1st cervical**. Through this area we have the effect as may be produced through the soft tissue of the face. Of course, the whole of the **sensory system** is also involved, but some of the greater disturbance arises from **the lack of the drainages from the frontal as well as the deeper antrum**. Thus these produce, in conjunction with the disturbance, an inclination for inflammatory forces to be exercised in these portions of the system. Either these will arise from some little **cold or congestion**, or the tendencies from the very nature or the sources, as with a **reflex action it has upon the digestive system, for a superacidity**. Thus the **swelling that occurs, as well as the pain**, as with the **varying character of the headaches**. These may be either through the eyes, the temple, or from just between the eyes and on the forehead, and at the top of the head at times - which is felt more through the jaw or portions of the face itself...

(Q) **Have headaches any connection with psychic development?** (A) **Rather is it the effect of the OPENING centers that are disturbed. Leave off psychic development, or the attempt to RAISE the vital forces, until there has been more of a purifying of the blood stream."**

TREATMENT PLAN:

1. Osteopathic treatment
2. Codiron
3. Basic diet with Jerusalem artichoke
4. Stop psychic development until blood is purified.

COMMENTS: Note spinal subluxations as cause of headaches manifested through the sensory organs, especially during periods of cold and congestion. Also note effect of opening spiritual centers via psychic development. A report with reading 1387-5 contains the following statements: "He [Max Gerson, M.D.] said that the heart attack was caused by the accumulated poisons from the kidney. I told him of the terrific headaches I had had so long and that I have gotten no relief from them. He said that they were migraine and that he COULD definitely cure them. Anyhow he immediately stopped the heart attacks which he said came not from the heart but from the accumulated poisons from the kidney getting around there when I was lying horizontal. Then he started working on what we thought were migraine headaches. I was put on a very strict diet, practically impossible to follow but I did and for 11 weeks I did not have a sign of a headache. Then one day while I was away I had to visit some relations and had a very simple regular meal and for the next two days I was in miser. Then I was all right again until about four weeks ago. I had of course lost many pounds with the diet and he was not pleased with the way I was responding. Then the headaches came back and he said that there must be something beyond the migraine that was causing them for if I stayed ON the diet, thought there was no cure for migraine that I WOULD have relief and the flare-ups be few and far between and not severe. Then he decided that perhaps it was sinus, which I was pretty sure it was not as I had always feared that and had it checked a number of times and it was always O.K. Well they took two X-Rays one of the front of my head and one of the left side where most of the pain is. When he called me in he was all excited. The sinus was all right but the one on the side showed definitely what the trouble was ... a most advanced case of arthritis of the bones of the head and the part of the spine that showed as far as the shoulders. He said it was no wonder that I had been in misery from the condition of the bones that he could see he did not see how I had been able to get around. Then I got out some pictures

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of my entire spine that had been taken in 1937 when I went to Dr. Cappel these also showed arthritis in certain places. Then he looked on my mouth and found on the roof on the right side a large lump so apparently that is another deposit."

1663-4 FEMALE 51 6/22/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are still those weaknesses and tendencies in those areas from which the source of infection arose, - namely, through the inclination for the **disturbance in the colon**, that caused the **toxic forces to become magnified and thus affecting the nervous system** and producing the pressures in portions of the extremities, especially. Then, we find that occasionally there needs to be the precaution by having the **colonics with the adjustments**, - when there is the feeling of depression, or the **slight headaches that may occur from the accumulation of toxic forces and pressures from same upon the nerve forces**, causing those indications of disturbance."

TREATMENT PLAN:

1. Colonic irrigations
2. Spinal adjustments
3. Positive attitude towards others

COMMENTS: Note toxic bowel producing pressures on nervous system resulting in mild headaches.

1681-2 MALE 34 7/14/39

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been the inclination for too great an **acidity through the system**, and in this particular case it gives expression in a form of **catarrhal condition in the soft tissue of the nasal passages and antrums** and throat. This in turn causes, through the very nature of the disturbance - or **poisons being mixed with the gastric flow** - an **upsetting of the digestive forces and a character of headache**, as well as the organs of the sensory forces or system becoming involved."

TREATMENT PLAN:

1. Osteopathic manipulations for drainage
2. Atomidine
3. Eucalyptol inhalant
4. Alkaline diet

COMMENTS: Note systemic hyperacidity producing catarrh in the nasal passage and throat which was swallowed causing gastric upsets and headaches.

1956-1 MALE 38 7/15/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are accumulations of poisons of a uric acid nature from the lack of the proper activity of the **kidneys** as related to eliminations.... In the nerve forces, here we find reflexes that occur from pressures which are indicated, as well as there being a **subluxation in the lumbar axis** and in the smaller or lower portion of the spinal column itself.... **Headaches occur from these at times, and the nature that occurs in the back portion of the head and through the temple and eyes**. For, any disturbance to this portion of the system usually, or as it does here, **causes irritation to or produces pressures in the optic centers, from the cervical and some portion of the dorsal area to the optic centers**."

TREATMENT PLAN:

1. Atomidine
2. Osteopathic adjustments
3. Sweet Spirits of Nitre
4. Massage small of back with Mutton Suet, Turpentine, Camphor
5. Basic diet with Jerusalem artichoke

COMMENTS: Note kidney dysfunction with eye problems and headaches located in back of head, temple and eyes. Also note nerve reflexes from upper dorsal and cervical area of the spine.

1955-1 FEMALE 39 7/15/39

ETIOLOGY AND PATHOPHYSIOLOGY: "This is a disturbance that produces pressures upon both the sympathetic and cerebrospinal system, and is a **disturbance in those areas of the gall duct and the liver**, as well as some inclinations in the pains; and thus the **kidneys** are involved in the disturbances. These as we find cause the **pressures upon the nerve system** of the **headaches that come through the back portion of the head, and then through the eyes and the temples at times**.

TREATMENT PLAN:

1. Basic diet
2. Colonic irrigation
3. Massage and hot packs (Mutton Suet, Turpentine, Camphor)
4. Watermelon seed tea
5. Violet ray
6. Osteopathic adjustments

COMMENTS: Note hepatic etiology with headaches that come through the back portion of the head, and then through the eyes and the temples at times. For periods of acute pain, massage and hot packs were recommended: "At those periods when there is the acute pain, or headache, or the disturbed feeling in those areas of the cerebrospinal system, we would massage the body gently across the small of the back with an equal combination of Mutton Suet, Spirits of Turpentine and Spirits of Camphor. Then apply immediately afterwards heavy, coarse salt, heated, in packs. At the same period we would also apply the heated salt pack, following the rub as indicated, over the liver and gall duct area (though there may not be the feeling of a disturbance there). The heated salt would be preferably sewed into a pack, you see; having a layer at least half an inch thick, then quilted in a pad. This may be heated, or an electric pad put over same; preferably heated. As we find, this will not only reduce the aching feeling but aid also in producing a better activity through the kidneys, and the better eliminations through the gall duct area." A background report with this file states that, "She hasn't been at all well for the past year. Suffering from headaches [lasting for days at a time], pain in her back, and general fatigue ..."

480-52 FEMALE 27 7/27/39

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What can be done for **headaches**? (A) Keep up those treatments just outlined, so we will get a **better equalization between the superficial and deeper circulation**."

TREATMENT PLAN:

1. Lean more on spiritual things
2. General osteopathic manipulation with Mutton Suet, Turpentine, Camphor
3. Body-building diet
4. Codiron
5. Fume bath followed by massage with olive oil and peanut oil

COMMENTS: Note imbalance of circulation as cause of headaches with fume baths and manipulations to balance superficial and deep circulation.

1975-1 FEMALE 24 8/3/39

ETIOLOGY AND PATHOPHYSIOLOGY: "The beginnings of this, as we find, arise from the preventatives as were in the form of **injections** ... caused a form of catarrhal condition, that has affected and does affect the **mucous membranes of the body; as the sensory system** to some extent and, with a **subluxation**, affects the same character of tissue as involved in

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the organs of the pelvis during the periods of activity. Thus we have a **complication of disturbances** that at times become very painful, owing to the conditions as produced in the organs of the pelvis; producing an elimination there, or an exudation that causes more or less of an acidity, great irritation as well as a great deal of pain; **headaches at times**, disturbance with the eyes, pains across the small of the back and hips, through the shoulders and on **top of the head**; eyes giving disturbance at times, and a digestive upset most of the time.”

TREATMENT PLAN:

1. Tonic: Elixir of Lactated Pepsin, Tincture of Stillingia, Essence of Peppermint, Elixir of Elder Flower, Essence of Wild Ginseng
2. Osteopathic adjustments
3. Eucalyptol inhalant
4. Atomidine douche
5. Body-building diet with Jerusalem artichoke

COMMENTS: Note complex etiology with after-effects of medicinal injections and subluxation of the spine problems with the pelvic organs, especially at the menstrual periods with pain throughout the body including the head. Note sensory sensory manifestations requiring inhalant.

1979-1 MALE 62 8/19/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... these are the natural effect of slowed functioning owing to **toxic conditions and lack of elimination of poison from the system**, and causing an **overacidity** throughout the body. Thus the organs of the system are affected in a sympathetic manner, - as the **slow, dull headaches**, lack of proper resuscitation from attempts to sleep or to gain rest and vitality from same.... There is a disturbance through the abdominal area because of **engorgements in the colon itself**, especially in the area of the ascending and that portion (or the right side) of the transverse colon.”

TREATMENT PLAN:

1. Laxative: Eno Salts
2. Colonic irrigation
3. Osteopathic adjustments for better eliminations
4. Basic diet

COMMENTS: Note toxic bowel etiology for the slow, dull headaches. “The Eno Salts would be taken for five days before the colonics are begun, you see, but it should be continued once each day throughout the periods of the colonics as well as the periods when adjustments are being made. **Afterwards, only when there is bad taste in the mouth or a headache.**”

1995-1 FEMALE ADULT 9/8/39

ETIOLOGY AND PATHOPHYSIOLOGY: “The disturbance primarily, as we find, is a **glandular condition**, involving especially the glands as related to the **assimilating system**. Thus we find there is the **lack of elements in the blood supply**.... We find oft there are those inclinations for the body to become easily depressed, with periods of anxiety mentally and physically; being nervous as to the outcome of many trivial things or conditions at times, and yet ANXIOUS about those things that would have to do with relationships with others arising FROM the **effect of the depleting of the impulses in the nervous force** as related to the activity of the **sensory system**. **Headaches**, languidness, - tired through the limbs, nothing just exactly right at times.”

TREATMENT PLAN:

1. Atomidine
2. Osteopathic adjustments
3. Codiron
4. Keep away from sedatives as much as possible
5. Basic diet with Jerusalem artichoke

6. Work with ideals and apply spirituality

COMMENTS: Note glandular etiology resulting in poor assimilation and lack of elements in blood to maintain nerve impulse in the sensory system.

1807-5 FEMALE 36 9/27/39

ETIOLOGY AND PATHOPHYSIOLOGY: " There have been, through **indiscretions in diets** and some of the activities, those disturbances set up in the digestive and assimilating system which **prevent the better eliminations**. And the **accumulations of the poisons** through the system are beginning to make greater stress and strain on the nervous system as well as to form disturbances which cause the tendons and muscles and nerves to become acute to the condition.... (Q) What has caused **return of bad headaches?** (A) As indicated, the **toxic forces!**”

TREATMENT PLAN:

1. Osteopathic treatment for better drainages of intestinal tract
2. Epsom Salts baths
3. Glyco-Thymoline taken internally
4. Alcaroid
5. Basic diet
6. Violet ray

COMMENTS: Note poor eliminations as source of bad headaches.

2004-2 FEMALE 4 10/27/39

ETIOLOGY AND PATHOPHYSIOLOGY: "It is a form of anemia, caused by upsettings in the **glandular forces**, - especially the **thyroid** and the **glands which aid in assimilation**.... we find the effect of a **subluxation in the areas of the 2nd and 3rd dorsal, as well as in the 3rd and 4th and 5th cervical**.... (Q) What causes her **many headaches?** (A) **The poor assimilation, or digestion of foods**. This should soon be corrected if the **adjustments** are given, and the character of **diet** followed that includes the building properties indicated, - rather than giving nostrums of any nature. However, we find that occasionally the use of a **good digestant** would be well, - such as Alcaroid or Bi-So-Dol. Either of these would be efficient for the body, but do not give this regularly, - only if there is the inclination for the upset stomach, or the pains in same, or a sour belching, or bad breath, see?”

TREATMENT PLAN:

1. Alcaroid or Bi-So-Dol
2. Osteopathic adjustments
3. Basic diet - no carbonated drinks
4. White's Cod Liver Oil Tablets and Halibut oil with Viosterol

COMMENTS: Note glandular etiology and spinal subluxations with effects to the digestive system.

2045-1 FEMALE 58 11/21/39

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system, or systems, we find a great deal of pressure, superimposed by a **lesion which exists in the upper dorsal area**. Because of this condition there is produced the **disturbance with the circulation to the head; especially if the body lies down, or becomes overtired, overactive, or excited, or in a state of anxiety**. This as we find is partially caused by the manner in which the activity of the food taken into the stomach is not eliminated, because of the very **drooping of the stomach at the pyloric end**; thus causing fermentation and irritations to those portions of same where there has been a greater activity in or from the gastric juices upon the pyloric portion of the stomach. Hence that form of fermentation as to cause pressures to the cardiac portion, as well as the lower portion of the stomach. Thus the **strain and lesion to the dorsal center, about the 4th**

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to the 6th center, as well as to the vagus center, or the 1st, 2nd and 3rd dorsal.... (Q) What causes, and what should be done for, **periodic headaches at night, lasting four or five nights in succession?** (A) As indicated, these arise from the general disturbances; and should disappear after the first series of the **osteopathic treatments; as well as the eliminations set up.**"

TREATMENT PLAN:

1. Osteopathic adjustments and elastic strap to change stomach position
2. Colonic irrigation
3. Alcaroid and Caroid and Bile Salts tablets
4. Basic diet and Jerusalem artichoke
5. Radial appliance

COMMENTS: Note that abnormal stomach position produced spinal lesions and toxic bowel which were cited as causes of the headaches. The background report with this file states: "I have suffered with headache for years. They are not as intense as formerly, but they last for days, sometimes, only during the nights - four or five nights in succession. They are not due to my eyes - as I wear glasses - not to my teeth, most of these are out."

308-7 FEMALE 15 11/22/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... there still continues to be disturbances in the coordinating of the activities of the organs of elimination, as related to the **Periods** as well as the **pressures and reflexes upon the nervous system at such times....** (Q) Do the **headaches come from eyestrain?** (A) **Rather they come from those pressures as we have indicated.**"

TREATMENT PLAN:

1. Osteopathic adjustments (1-2C,8-9D, L, S)
2. Sitz baths
3. Tonicine

COMMENTS: Note menstrual headaches with pressures produced on spinal nerve centers.

2055-1 MALE 68 12/5/39

ETIOLOGY AND PATHOPHYSIOLOGY: "... the indications of the **toxic effect** produced upon the whole of the system by such indulgences. This is indicated in the manner of the lymph flow, thus reducing the abilities of the blood stream in its attempt to make adjustments through the **alimentary canal**. These inclinations produce, of course, a great deal of distress in the nervous system, by the necessity for excesses of lymph to be drawn from the blood supply, or nerve and blood supply. Thus the **headaches**, - the tendencies for sickness, or tenderness in the stomach area, from the gastric flow."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Gold and Soda taken internally
3. Plenty of citrus and grapes in diet and Mummy Food
4. Jerusalem artichoke

COMMENTS: Note toxicity through alimentary canal produced by dietary indulgences.

2057-1 FEMALE 52 12/9/39

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that this arises from **two sources:** the periods in which the body mentally and physically passed through a great deal of **anxiety, mental anguish, some resentment**, some **animosity**, some conditions where there was a great deal of the **exercising of the emotions**; also those periods in which there was not the proper attention given to the activity of the **liver, as related to ITS functioning for secreting....** The effects at times have been a great deal of annoyance, - as a fullness through portions of the body; a **dull,**

mean headache at times; the lack of ability to sleep or to rest properly ..."

TREATMENT PLAN:

1. Alcaroid and Caroid and Bile Salts tablets
2. Colonic irrigation
3. Osteopathic treatment
4. Warm milk and honey at bedtime for sleep
5. Basic diet

COMMENTS: Note dual etiology of emotional upsets and liver dysfunction producing dull, mean headaches.

340-42 FEMALE 51 12/11/39

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are the effects that are indicated by **pressures upon the nervous system;** causing such **severe headaches**, with the aching through portions of the upper body (as through a portion of the lung and shoulder, and the acute conditions). These effects are from **toxic forces**, arising from disturbances through the **alimentary canal, - especially colon, -** and some of the old disturbances that have been indicated."

TREATMENT PLAN:

1. Eno Salts laxative and Serutan
2. Colonic irrigations
3. Ginseng/Ginger tonic for colitis
4. Basic diet
5. Osteopathic treatment

COMMENTS: Note toxic bowel etiology and colitis for severe headaches.

2078-1 FEMALE 54 1/15/40

ETIOLOGY AND PATHOPHYSIOLOGY: "In some times back, there were some teeth that caused a disturbance. Also there was a condition in the soft tissue of throat and nasal passages, of a catarrhal nature. These gradually caused the **absorption, or the draining into the system, of poisons.** Owing to a **subluxation which exists in the upper dorsal areas (3rd and 4th), the slowing of the circulation or impulses through the liver,** prevented the blood supply from taking care of these general excesses of poisons. And the nerve reflexes reacting to same DID cause, and bring about, a general nervous collapse. In the present these same conditions have affected the area about **the liver and gall duct, and gall bladder,** in such manners as to hinder their proper reaction. These **find reflex reaction through the nerve pressures from the areas in the cerebrospinal system** as indicated, as combined with the nerve flexure to head, nasal passage, and those areas in the whole of the vegetative nerve force, - as to produce a **continued reaction from digestive forces, or a headache - that is called the migraine nature.** The addition of sedatives, or palliatives, will only - then - create more drosses, so as to continue to produce - as does the **disturbance in the gall duct - the improper eliminations.** Hence **toxic forces throughout the alimentary canal are gradually bringing more and more, to those pressures created in the sympathetic nervous system ..."**

TREATMENT PLAN:

1. Alcaroid and Caroid and Bile Salts tablets
2. Castor oil packs over liver and gall duct
3. Colonic irrigation
4. Radial appliance
5. Osteopathic adjustments
6. Basic diet

COMMENTS: Note toxic bowel produced by liver and gall bladder dysfunction producing migraine headaches. "(Q) Do the occasional traces of blood when I vomit (during migraine attacks) mean anything? (A) Just that as we have indicated, - the

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disturbance of the liver and the gall duct area. It's the straining, of course, and is more from the throat, and not a hemorrhage from the stomach at all."

2106-1 MALE 46 2/17/40

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates a great deal of disturbance from pressures in the nerve system, on the nerve forces. Especially is this indicated in **the circulation through the head, the neck, and through the upper portions of the body**. A great deal of **headache arises from worry over disturbing conditions, as well as the condition in the front and middle antrum** that has caused and does cause disturbance, with the general pressure which exists in the environs of the body."

TREATMENT PLAN:

1. Attitude adjustment – constructive thinking
2. Elliot Machine treatment for nasal passages
3. Ammoniated Ichthyol nasal spray
4. Eucalyptol inhalant

COMMENTS: Note vasomotor disturbances to the head and upper body with worry as a contributing cause of headaches. The Elliot Machine treatments were specific for the headaches and nasal congestion. "Such applications would consist, especially, of the use of HEAT, in the form or manner as may be administered through the ELLIOT MACHINE for applying internal heat to the areas where such conditions exist as they do here, with the olfactory nerves and the soft tissue in the area. The frequency of such applications would depend upon the severity of the attacks, depending upon the condition as to cold, and the general conditions which arise; for there are **PERIODS of severe headaches**, and **PERIODS** of suffering from the conditions. This may be used every other day, or at times oftener if necessity demands same."

2130-1 FEMALE 23 3/2/40

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these exist from **an injury which happened some time ago, and is to the end of the spine**. This pressure upon the nerves through the **coccyx** area of the end of the spine causes **the contraction in the centers at the base of the brain**; and the pressure upon the medulla oblongata – which is that equalizing center between the cerebrospinal and the sympathetic system, as it enters the base of the brain - causes **the lack of the flow of blood and of impulse to portions of the body**.... That there are those disturbances to the **sensory forces** indicates that there are subluxations which exist from this tautness, rather than from other disturbances, through **the upper dorsals and throughout the whole of the cervical systems**. The nerve centers, or their associations with the **secondary cardiac**, cause the periods when a little nausea arises from the **headaches or the pressures, or even the drawing that at times occurs through the shoulders and to the base of the brain**."

TREATMENT PLAN:

1. Wet heat prior to spinal adjustments
2. Electrotherapy
3. Atomidine

COMMENTS: Note coccyx injury with reflexes to the upper spine affecting blood flow to the upper body.

1031-4 FEMALE 46 4/29/40

ETIOLOGY AND PATHOPHYSIOLOGY: " We find that there is a continuing of the process of **deterioration of nerve flexus, or nerve impulses**, as related to the cerebrospinal system. This, as we have indicated, is a result of a **glandular disturbance** ... (Q) What is the reason for the **one-sided**

headache, pain behind the nose, disorder in the eyes, and the feeling of discomfort and disorder in my right side? (A) All of these are **the nerves that are gradually disintegrating**."

TREATMENT PLAN:

1. Wet cell battery with gold and Atomidine
2. Massage after wet cell session
3. Basic diet with plenty of carrot and beet juice
4. Moderate exercise outdoors in the open

COMMENTS: Note neurological impairment produced by glandular disturbance.

1850-3 FEMALE 32 5/10/40

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes **awful headaches**? (A) **Pressures from the poisons in the system**."

TREATMENT PLAN:

1. Eno Salts
2. Calcidin water
3. Only water, milk and bread for five days; then three day apple diet
4. Then basic diet

COMMENTS: Note systemic toxicity as cause of headaches.

462-13 MALE 56 7/2/40

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **headaches**? (A) **Worry!** and the general nervous **conditions from the stomach!** These should be materially aided with these juices as indicated for the body to be taken regularly, one used one day, the other the next."

TREATMENT PLAN:

1. Beet juice one day, carrot juice the next made fresh
2. Eno Salts

COMMENTS: Note worry and gastric etiology for headaches.

1158-25 FEMALE 50 6/4/40

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What has caused my last few **severe headaches**, and how can this condition be improved or prevented? (A) As we find, this is a general condition, and arises most from **the general nervous tension**. And the relaxing of the body, by remaining quiet in meditation, should be the greater help for such conditions."

TREATMENT PLAN:

1. Meditation
2. Sealax tablets
3. Osteopathic treatment
4. Tonicine

COMMENTS: Note general nerve tension as cause of headache to be remedied via meditation.

2990-1 MALE 59 6/26/40

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find are **catarrhal conditions in the lymph, or in portions of the digestive system**. While apparently the stomach is not so much affected, the **nerves of same ARE affected**; causing periods when rest is not easily obtained, also a **great deal of headache that presses DOWN as it were upon the body**; burning at times through the eyes, nausea following same, etc.... This supplies to **the nerve forces those plasms that replenish or rebuild same**...."

TREATMENT PLAN:

1. Osteopathic corrections
2. Alcaroid

COMMENTS: Note poor assimilations causing lack of nerve plasms. Also note the lengthy time frame for stopping the headaches: "(Q) How long before the daily and lengthy

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headaches may be relieved, if following these suggestions? (A) Within three weeks we should find a material change in this direction; and in six weeks they should be almost entirely relieved."

2084-3 FEMALE 12 7/9/40

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Are **frequent headaches** result of kidney trouble, or from some other cause? Is it neuralgia? (A) Rather the excesses of pressures created upon the general nervous system **by too great a stimulation to thyroid** activity. With this left off, and with the exercise and activities watched as indicated, this pressure should come back to normal - and bring relief from headaches."

TREATMENT PLAN:

1. Follow original treatment plan entirely
 2. Stop taking glandular extracts not in treatment plan
- COMMENTS:** Note overstimulation of thyroid by extracts not included in treatment plan. "As we find, it would be better to either follow the suggestions here indicated, consistently, or else adhere ENTIRELY to other sources of information for suggestions as might be indicated from symptoms. It is not well to combine these, unless it is indicated from here that such should be used under extreme or extenuating circumstances." A report with this file describes the condition as: "Almost constant headache 'in back of forehead.'"

2310-1 FEMALE 37 7/23/40

ETIOLOGY AND PATHOPHYSIOLOGY: "Owing to a **subluxation existing through the lower lumbar and in the 9th dorsal** area, there are those tendencies for the cutting off of the supply of energies that aid, or that supply circulatory impulse of every nature to the activity of the **thyroids AND the adrenals**. This in turn, with the **upset digestive forces**, causes an unbalancing in the creating of the proper influence of chemical forces through the system, allowing an **acidity**, causing bad taste in the mouth at times, tendencies towards a **dull headache**; disturbance through organs of the sensory system, - as heaviness to eyes, lack of the ability to gain recuperative forces through rest; even periods when there is the tendency towards insomnia."

TREATMENT PLAN:

1. Sweat bath and massage
2. Colonic irrigation
3. Radial appliance
4. Basic diet

COMMENTS: Note complex etiology of spinal subluxations affecting the thyroid and adrenal glands causing digestive upsets and headache.

2325-1 FEMALE 25 8/20/40

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, these arise primarily from physical conditions that exist in the body from a hurt - or **injury - to the coccyx end of the spine**; which also causes a lesion in the upper portion of the 4th lumbar, or between the 3rd and the 4th. This is not of such a nature as to hinder locomotion entirely, but as to cause often - when the body-mind forces itself, or carries on any great exertion - a heavy feeling across the small of the back, and a heaviness to the lower limbs. **This is a SOURCE of the disturbances, that causes pressures upon the nervous system.**... Hence those periods when there is the inability to rest, or the tendency to become aggravated at little conditions which may arise between the self and EVERY association as may be about the body. At periods insomnia may be a result; with little **nagging headaches**; periods of great languidness."

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance
3. Attitude adjustment

COMMENTS: Note injury of coccyx with reflexes along the spine as cause pressures upon the nervous system and headaches.

1567-3 FEMALE 52 9/4/40

ETIOLOGY AND PATHOPHYSIOLOGY: "Those applications that were made for the corrections in the nervous and cerebrospinal system **were not in accord with that which we indicated as being the source or cause of the headaches**. This, as indicated, is a **combination of nerve pressures with the bad assimilations and eliminations.**... (Q) What is the true cause of the **headaches which have been chronic for three years?** (A) As we have given, **pressures in the cerebrospinal and sympathetic nerve system, as combined with poor eliminations from the alimentary canal.**"

TREATMENT PLAN:

1. Osteopathic adjustments with wet heat for relaxation
2. Sweat bath and massage
3. Colonic irrigations

COMMENTS: Note nerve pressures with poor assimilations and eliminations as cause of headaches. Also note that chiropractic treatment was initially given instead of osteopathy: "When there are the attempts to make the adjustments in the central dorsal area, and throughout the upper dorsal and the cervical, the body should be thoroughly relaxed - with Wet Heat. These should be made OSTEOPATHICALLY, NOT chiropractically; for merely the adjustment is NOT sufficient, but ALL of the segments should receive a relaxing treatment - not a stimulating treatment. So, relax the body thoroughly. About twice a week such osteopathic adjustments would be made. These would not be made by a chiropractor or a masseur, but by an osteopath."

2342-1 MALE 32 9/9/40

ETIOLOGY AND PATHOPHYSIOLOGY: " In the nerve system, - here we find the sources or causes, as well as effects. For, **pressures are one of the contributory causes of the condition**; for we find a **subluxation** in the area from the **9th dorsal** to the **1st and 2nd dorsal** causes this **disturbance through the eliminating and assimilating system.**... Doing these [treatments], we will find we will remove **the causes of the headaches**, - that arise from this **upsetting of the digestion or the stomach**; and the adjustments of these will **cause better eliminations**, purifying the system and aiding the body in better blood building.... (Q) **What causes severe headaches and backache?** (A) As indicated, - **poisons producing pressures upon the nervous system**; especially making for those irregularities in the activities of the **kidneys, as well as the liver**. These produce the **severe headaches**, as well as the conditions existing in the superficial circulation, the tiredness, the languidness, and all of those conditions as indicated."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Laxative: Sulphur, Rochelle Salts, Cream of Tartar
3. Basic diet

COMMENTS: Note spinal subluxations causing disturbance of eliminating and assimilating systems, especially liver and kidneys.

2173-2 FEMALE 50 9/25/40

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **prolonged headaches?** (A) The **toxic conditions through the system**, as combined with the **pressures along the cerebrospinal system**. Partially these arise from the **disturbance**

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in the stomach, and the unbalanced condition in the metabolism and the general reactions in same.”

TREATMENT PLAN:

1. General osteopathic treatments (relaxing)
2. Sweat bath with witchhazel followed by massage
3. Basic diet for improved eliminations
4. Colonic irrigations
5. Moderate exercise (walking)

COMMENTS: Note systemic toxicity and pressures along the spinal column as primary etiological factors in this case.

2290-2 MALE 59 9/26/40

ETIOLOGY AND PATHOPHYSIOLOGY: "Still there are those conditions as related to the activity of the **assimilating system**, where those centers do not give their impulses properly during periods at times of the **eliminations**, or evacuation of same - as in the **lower portion of the duodenum**, as well as the **upper or the cardiac portion of stomach**. These, in **combination with the pressures existing in the cerebrospinal system**, especially in centers where there are **the closer connections between the deep circulation (or cerebrospinal) and the sensory forces**, cause a great anxiety to the **nerve reflexes - or the violent headaches**. At other periods **the reflex is as if a cord were around the head, or as if a portion of the scalp or head were separated from the upper portions....** (Q) What is the difference between **the ordinary daily headache (occurring principally in the evenings)** and **the periodic severe attack which lasts for several days at a time?** (A) One is caused from the **reflex disturbances in the nervous system - because of the lack of blood supply**; the other from the **digestive disturbances** or upsets.”

TREATMENT PLAN:

1. Osteopathic treatment with support bandages to correct stomach position
2. Basic diet for body building
3. Milk of Bismuth and Elixir of Lactated Pepsin
4. Alcaroid

COMMENTS: Note digestive system dysfunction and nerve pressures producing two types of headache. Note that abnormal stomach position was cited as a primary factor. Also note the specific instructions for osteopathic treatment to treat the headaches, addressing both the acute symptoms and underlying causes: “These are indications of the nature or character of disturbances; and, as indicated, in making the adjustments, there needs to be that **FORM of manipulation used that corrects more than the one center at the same time**. For, even with the **headache**, we find that there might be an alleviation to the pressure of the reflexes upon the nerves to the head if there would be the pressure with the hand (by the one making the adjustments, you see) upon the upper left side of the 9th dorsal center, and at the same time (with the other hand, you see) upon the right side of the secondary cardiac plexus center - or the 3rd dorsal.... This will necessitate that the manipulations as given include also the stimulating of the activity of the lower portion of the stomach, and the duodenum and jejunum; or assisting peristaltic movement by the cresting of a better activity through the lymph and emunctory circulations. (Q) Why have I not gotten better results from the treatments, - that is, relief from my headaches? (A) As indicated, it requires the time not only to alleviate those pressures in the areas designated but to build in the system the activities that coordinate with same. There are periods when the slow movement of the properties in **stomach and duodenum cause the severe attacks**, or those of the more moderate nature. Hence the **CHARACTER of adjustments indicated, as well as the support** - and the properties to assist,

now, in alleviating the production of mucous that causes the nerve contraction and reaction, should stimulate and make for better response in this body.... (Q) **Why after some of the most thorough treatments from Dr. Dobbins have I had some of the most severe attacks?** (A) Because of not considering BOTH centers, as indicated. In making the corrections, consider BOTH the centers that govern the **EMPTYING** of the stomach AND those that need the pressures upward - or that govern the entrance to the stomach. It is the **POSITION** of the stomach that causes much of the disturbance, you see.... (Q) When they occur, **what may be done to relieve the headaches?** (A) Pressures by the osteopath upon those centers that reflex with the 9th dorsal and the 2nd and 3rd dorsal in the cervicals, are the better. While requiring a longer period than hypnotics or narcotics, this is much more effective in not producing greater disturbances to later be eliminated.... (Q) Any further suggestions for Dr. Dobbins as to his treatments? (A) As indicated, there **MUST** be those specific Adjustments **COMBINED** in one treatment, you see; not first one and then the other. Take both hands; treat with one in one place and the other in the other place; and you'll find a great deal of difference as to how the effects are upon the body. Just as in those cases where there are the periodical, heavy pressures, there may be an elimination - or the easing of pain - by pressing with one hand at the 1st and 2nd cervical, the 2nd and 3rd dorsal, and then with the other hand at the 9th dorsal - while still holding the pressure at the 1st and 2nd cervical. Thus we may relax those centers that coordinate with the sensory forces of the body. (Q) How long should this pressure be held? (A) Until we relieve the disturbance, which should only require about twenty to thirty minutes - but this is needed.” This man had been suffering for ten years with terrific daily and nightly headaches.

286-8 FEMALE ADULT 9/27/40

ETIOLOGY AND PATHOPHYSIOLOGY: "Be mindful that there is not allowed to be a day without **proper eliminations**. Do not overtake cathartics or laxatives. Use rather small doses of Olive Oil often - that is, about a quarter to half a teaspoonful taken several times during a day. Do these, as we find best for the conditions. This should remove this tiredness, this aching, and the **headaches** and the nausea that occurs at times, also the pain through those areas.”

TREATMENT PLAN:

1. Osteopathic adjustments
2. Massage and hot pack over lower abdomen (Mutton Tallow, Turpentine, Camphor)
3. Small doses of Olive Oil

COMMENTS: Note toxic bowel as cause of headaches.

2374-1 FEMALE 19 10/3/40

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, for some time there has existed an **adhesion, or a form of lesion in the cerebrospinal system** and an **adhesion in the uterus or the position of the womb itself**; which causes great disturbances at the regular **Periods**, as well as a general disturbance to the nervous system. This as we find is the general source of the disturbances that affect the appetite, the abilities of assimilation, the positions - as it were - of the organs of the pelvis, and the conditions as related to the general distribution of that assimilate through the system; the **character of headaches**.”

TREATMENT PLAN:

1. Osteopathic adjustments
2. Hot salt packs over uterus for menstrual pain
3. Atomidine douche
4. Diet - body building

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COMMENTS: Note pelvic etiology and spinal lesions with probable menstrual headaches.

2375-1 FEMALE 58 10/5/40

ETIOLOGY AND PATHOPHYSIOLOGY: "These have to do with specific conditions which have arisen from a **subluxation which exists in the dorsal area**. This apparently at first would appear to be of rather a serious nature, because of the reflex that is caused in the circulation between the heart and the liver, - or a form of thrombosis, or thrombosis.... This is tending to produce **a low superficial circulation, and a full deep circulation**. This is indicated in the body when at times there is the feeling of a creepiness under the skin in various portions of the body, especially of night when ready to retire; also a **low, dull headache**, a leadened feeling through the extremities, the hips and the abdomen. These are the results of the system attempting to equalize the circulation as the body rests.... As indicated, - through a **wrench or a slipping**, - there was first a little "kink" (as it felt like) in the spinal column, in the **4th and 5th dorsal center; also the 6th is involved**. This, through the form of lesion produced, has first brought about the activity through the **sympathetic cardiac plexus an overflowing between the lung, the liver and the heart**. Thus it has gradually engorged the heart, and strains the circulation that changes here between the arterial (or deeper) and the venous circulation - where the vein carries the arterial circulation."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Radial appliance
3. Basic diet

COMMENTS: Note spinal lesion affecting cardiac plexus producing an incoordination between deep and superficial circulation causing cardiovascular symptoms and headaches.

2376-1 FEMALE 23 10/7/40

ETIOLOGY AND PATHOPHYSIOLOGY: " In the nervous system, - we find through **the lumbar and the lower dorsal and sacral** areas there exists some **subluxations** that, from the **lesions through the pelvis**, give disturbances to the activities of the organs of the pelvis.... (Q) What is the cause and relief for the **headaches** that I have? (A) The disturbances in the pelvic system."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Calcidin
3. Basic diet

COMMENTS: Note spinal subluxations and pelvic lesions as cause of headaches.

1387-3 FEMALE 41 10/9/40

ETIOLOGY AND PATHOPHYSIOLOGY: "There have been **congestions of long standing through the antrum, nasal passages**; and in the attempts to eradicate these through the circulatory forces, and stimulating activities to same, these have tended to be removed in some ways - yet the disturbance has been rather distributed through the system. Also there are **pressures upon centers throughout the system**, and we have a resultant effect at times - especially in periods of **low pressure, atmospheric pressure** - of more **severe headaches**, more disturbance with the organs of the sensory system, - the eyes, ears, nose, nasal passages, throat at times; and the tiredness."

TREATMENT PLAN:

1. Chiropractic adjustments and massage
2. Electrotherapy
3. Rest

4. Balanced diet

COMMENTS: Note nasal congestions and low atmospheric pressure as causes of headaches.

2383-2 MALE 32 10/18/40

ETIOLOGY AND PATHOPHYSIOLOGY: "This inclination of **acidity** causes the body to **easily contract cold**, the **upsetting of the digestive system**, at times the uncomfortableness and the **types of headaches**, some trouble with the nasal passages, with ears, eyes, and the whole sensory organism."

TREATMENT PLAN:

1. Massage and adjustments
2. Eucalyptol inhalant
3. Alkaline diet

COMMENTS: Note systemic hyperacidity as contributing to colds and headaches.

1540-3 FEMALE 43 10/19/40

ETIOLOGY AND PATHOPHYSIOLOGY: "... through those **centers and areas from which the eliminating system** receives its impulse as related to the nerve forces, as combined with the general cerebrospinal nerve system, do we find the greater strain. This is specifically in the **4th lumbar, the 9th dorsal, and the brachial - or vegetative nerve center plexus**. Hence there have been periods when this incoordination between the nervous systems has produced the **violent headaches**; the lack of coordinant activity between impulse and the general nervous system; aching through the eyes, **the head, and the TOP of the head apparently is as separate, or as if a cord were about same, just above the ear**.... (Q) What are the causes and cure for the **peculiar sensations in my brain**? Have I been out of my head at times? (A) As indicated, this is the incoordination between IMPULSE and the reactions from the cerebrospinal and sympathetic nerve system. The osteopathic adjustments, and especially the heat from the high vibrations of the violet ray in the manner indicated, will aid."

TREATMENT PLAN:

1. Osteopathic treatment
2. Tonicine
3. Violet ray with rod applicator for hands and feet
4. Basic diet
5. Attitude of helpfulness to others

COMMENTS: Note pressures along spine with reflexes to brain.

263-12 FEMALE 29 10/26/40

ETIOLOGY AND PATHOPHYSIOLOGY: " Those stresses which continue to give disturbance, - as the **headaches that are a part of the experience in the present, - are from a lack of that vital energy needed, because of the lack of iron, silicon, and the Vitamins B-1, as well as a lack of calcium** in the system."

TREATMENT PLAN:

1. Electric vibrator along spine
2. Beef juice
3. Calcios
4. Diet for eliminations with at least two pieces raw celery each day
5. High enemas
6. Violet ray
7. Constructive attitude

COMMENTS: Note low vitality due to nutritional deficiencies.

608-13 FEMALE 14 11/1/40

ETIOLOGY AND PATHOPHYSIOLOGY: " As we find, in the present, there are those disturbances which arise from the unbalancing of the circulation from eliminating centers of the

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activities in the organs of the body. That is, we have those inclinations towards malaria in the activity of the liver and its circulation. This, as combined with those subluxations and conditions arising from hindrances in the activity of the Periods, brings about - when there is the action of cold or congestion - a general upsetting of the system.... (Q) What **causes periodic violent headache**, followed by nausea? (A) Just as indicated, the inclination towards **the malarial condition, and some cold or congestion**, as combined with the effects of the **subluxations and the activity of the Periods**, - these bring disturbances.”

TREATMENT PLAN:

1. Osteopathic corrections
2. Grove's Chill Tonic

COMMENTS: Note infectious etiology set up by spinal subluxations and poor eliminations. The background report with this case states: “[608] is sick again, like she was early in summer. Some 2-3 times each year for past several she has these terrible spells. She is usually taken with violent headache, then nausea and they last 2-3 days, always same way...”

1532-3 FEMALE 20 11/9/40

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these primarily rise from **congestions about the gall duct** area, and causes not only this tiredness, lack of proper assimilation of foods, but acute conditions as related to the appendicial or caecum area, as well as the **headaches** and the repression to the sensory forces of the system.”

TREATMENT PLAN:

1. Osteopathic drainage of gall duct and liver

COMMENTS: Note congestion of liver and gall duct as causes of headaches.

2414-1 FEMALE 31 11/29/40

ETIOLOGY AND PATHOPHYSIOLOGY: "For, as we find, most of the conditions arise from the nervous systems of the body, and the pressures that are PRODUCING same lie in those areas that AFFECT the system in the way and manner as for this lack of the leucocyte plasm to cause that of **nerve exhaustion**. This we find at times indicated from **the character or nature of the headaches produced**. Then at other times there are the conditions such that others will attempt to tell the body there is nothing wrong, that it is merely the imagination. Yet these are definite disturbances to the body, and may affect at times the **digestive forces**; for, through same the **glandular system** as well as the assimilating system and blood supply attains or gains its resuscitation.... All of these, as we find, arise from a specific **subluxation** that exists in the cerebrospinal system; in the **coccyx end of the spine, and a lesion in the 11th and 12th dorsal center**.”

TREATMENT PLAN:

1. Osteopathic treatment
2. Rest
3. Fume baths followed by massage
4. Adiron
5. Calcios
6. Basic diet

COMMENTS: Note spinal subluxation at coccyx and lesion in the lower dorsal as causing digestive and glandular dysfunction and nerve exhaustion responsible for headaches.

2421-1 MALE 35 12/14/40

ETIOLOGY AND PATHOPHYSIOLOGY: "Here we find, not in the **END of the coccyx**, but closer to the last segments of the sacral area and in the **12th and 11th dorsal**, such pressures as to supply to the nerve forces great hindrances, - through impulses

of the branch end of the cerebrospinal system with the **nerves to the sacral, sacro-ileac plexus**, and those that extend to or **connect with the glands** in the areas about the waistline, - or the divisions between the upper and lower portion of the torso....

(Q) What can be done to overcome the **periodical headaches**?

(A) Take the treatments as suggested. All of these disturbances have been taken into consideration in that indicated; the excess perspiration, the excess fatty substance that forms in the superficial portions - especially about the torso, the poor circulation, etc. The **basic cause is this subluxation** indicated, which produces the effect upon the glandular forces in the hips, the sexual organs, about the kidneys and the liver as related to the pancreatic activity.”

TREATMENT PLAN:

1. Osteopathic adjustments
2. Dry cabinet bath with Atomidine and massage
3. Basic diet with grape juice for obesity

COMMENTS: Note lower spinal subluxations with effects to the digestive and glandular systems.

189-7 FEMALE 45 12/23/40

ETIOLOGY AND PATHOPHYSIOLOGY: "... the metabolism of the system is at times basically disturbed. This, however, arises from the periods when there is the activity upon that to be assimilated from the **gall duct**, or this activity as to its secretions for the juices or actions of same as combined with the influences from **spleen and pancreas**. Then, those things that are of definite natures as to **diet** have a direct effect upon conditions existent through the body; as to the pressures causing the **headaches**, and - as combined with the lower hepatic circulation - the effects at times especially as related to eyes; at other times the upsetting of the digestive forces ...”

TREATMENT PLAN:

1. Fume baths and massage
2. Osteopathic massage for drainages through duodenum
3. Alcaroid
4. Milk of Bismuth and Elixir of Lactated Pepsin
5. Basic diet

COMMENTS: Note hepatic etiology for extreme headaches, especially gall bladder, spleen and pancreas with dietary trigger aspect.

622-5 MALE 35 1/24/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is the best local treatment for the **sick headaches** I now suffer with?

(A) These come, here, as we find, **from lack of proper assimilation**. Use a **good intestinal antiseptic**. Take three to five drops of Glyco-Thymoline in water for two or three days - each day, see, for several days.”

TREATMENT PLAN:

1. Glyco-Thymoline taken internally
2. Elixir of Lactated Pepsin and Milk of Bismuth
3. Sal Hepatica or Eno Salts

COMMENTS: Note intestinal etiology for sick headaches.

2175-2 FEMALE 29 2/10/41

ETIOLOGY AND PATHOPHYSIOLOGY: "...across the small area of the back, or the **lumbar and sacral area**, we have distresses that bring about - through nerve reaction - a condition in the **kidneys** themselves that becomes aggravating; though - as yet - this is not an organic condition. This producing of the **superacidity**, and this effluvium - or this form of coagulation in the flow of the lymph and emunctory circulation, has also caused a condition in the **ovary, especially upon the one side**, that makes for some anxiety at times. Then, the **WHOLE** of the

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nervous reactions arising from these we find producing sympathetic reaction through the organs of the body; especially in the **digestive or assimilating system**, and the manners in which there is the distribution of that assimilated. Hence we find there are periods when reflexes are caused to the organs of the **sensory system**, - as a **type of headache**, a burning of the eyes, a fullness or a tendency in the throat for a continued swallowing, and a dryness in the salivary glands."

TREATMENT PLAN:

1. Massage lower spine with Mutton Tallow, Turpentine and Camphor
2. Atomidine douche
3. Osteopathic adjustments
4. Thyroid tablets
5. Adiron
6. Violet ray to hand and foot
7. Basic diet

COMMENTS: Note spinal pressures affecting kidneys and pelvic organs with reflexes to the digestive system.

2452-1 FEMALE 53 2/14/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... we have a **toxic conditions** which **produces pressures through the nervous system** that cause the inability to rest normally and the lack of recuperative forces at such periods... There are periods on waking when the body feels fairly well. There are others when there's a touch of nausea, when the food does not digest; when the body is not hungry and yet feels a desire for food. There are other times when **headaches** are produced, the burning of the eyes - from great strain mentally through which the body has passed; reducing the resistances in the system, making for aching through the pelvis, along the limbs and in the bursa of the feet. All of these, then, are **reflexes of disturbances** as we find that arise from a disturbance in the **spleen AND the liver**. There is a bad taste at times in the mouth after eating, or the attempting to belch; with an uneasiness - more than pain - at times felt through portions of the stomach and abdomen. This as we find arises from the **great emotional strains**, as well as those physical conditions arising through the system."

TREATMENT PLAN:

1. Elixir of Lactated Pepsin and Milk of Bismuth
2. Colonic irrigation
3. Electric vibrator treatment
4. Warm milk and honey for sleep
5. Basic diet

COMMENTS: Note great emotional strains and reflexes from liver and spleen as source of headaches.

2348-4 FEMALE 33 2/15/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) How can I present **excruciating headaches during menstruation**? (A) These, as we find, come from a general strain. There should be particular reference made to this in the **adjustments** through that area from the **9th dorsal to the 4th lumbar**."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Wet cell battery with gold and camphor
3. Constructive attitude

COMMENTS: Note spinal pressures in lower spine as source of menstrual headaches.

257-229 MALE 47 2/16/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why **headaches** once in a while? (A) **Poor coordination between the superficial and the alimentary canal circulation in its**

elimination. The reaction is to produce tautness between the eyes, and a **portion of it comes from the eyes**. Use the glasses when doing close work, see?"

TREATMENT PLAN:

1. Nutritional supplements
2. Dry cabinet with witchhazel followed by massage
3. Citrus juices
4. Wear glasses when doing close work

COMMENTS: Note circulatory imbalance and eye strain as cause of headaches.

2454-1 FEMALE 41 2/18/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... there is the lack of influences to cause in the physical body the activity necessary for **assimilation**. Consequently, there are **disturbances to the strength and vitality of the body, as well as the inability of proper digestion**.... at times the body may have a **kind of headache at the base of brain, causing a great deal of anxiety to the body**. In these areas of the **nervous system there are engorged or enlarged ganglia**, and these would be found to be rather sore to the touch, - at times spreading into the muscular forces of the body.... (Q) Why does deep meditation seem to weaken me physically? (A) Because there are those centers affected as indicated, through which connections or activity may be said to exist between the spiritual, mental and physical forces. Precautions need to be taken, then, as to overstimulating the activities of the superficial circulation as it coordinates with the mental and spiritual centers. For, deep activity in these directions brings to the body a **headache**, or a dizziness and a tiredness, - which is because of a **lack of complete coordination between the superficial and deeper circulation**."

TREATMENT PLAN:

1. Small doses of olive oil taken internally
2. Adiron
3. Electric vibrator therapy
4. Basic diet
5. Correct spiritual attitudes

COMMENTS: Note poor digestion and assimilation affecting the nervous system resulting in incoordination of the deep and superficial circulation.

2455-1 FEMALE 28 2/21/41

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood supply we find there are the effects of **poor coordination in the eliminating systems**. Thus at times there is a form of **strep that brings pus-forming activities** even to the surface, - as indicated in the effect produced in veins along the limbs and in portions of the body at times. Also this condition has produced a greater **disturbance in some of the glandular activities**. The **disturbance in the circulation**, as to the coordination of eliminations, causes the disturbance to some glands; while some glands are overactive and part of the pressures produced in the body have deflected the energies in the circulation to portions of the body (and thus in nerve supply). Consequently, there is **incoordination produced in the eliminating channels**.... The conditions to head and throat, the **certain kinds of headaches that cause distress to organs of the sensory system**, all of these are reflex - as we find - to the general condition which has been indicated that is of a complex nature."

TREATMENT PLAN:

1. Osteopathic relaxations
2. Laxative: Sulphur, Cream of Tartar, Rochelle Salts
3. Fume bath with witchhazel followed by massage
4. Colonic irrigation

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5. Basic diet with grape juice before meals
6. Constructive mental attitude

COMMENTS: Note poor eliminations with effects to the circulatory and glandular systems.

1387-4 FEMALE 42 3/1/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... this sickness from the **lack of digestion**, and from the **pressures produced through the alimentary canal causing sick headaches and poor elimination.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. White light treatments
3. Acigest
4. Milk of Bismuth and Elixir of Lactated Pepsin

COMMENTS: Note lack of digestion (gastric hypoacidity) producing pressures in alimentary canal.

2461-1 MALE 47 3/10/41

ETIOLOGY AND PATHOPHYSIOLOGY: "First, in the blood supply, - here we find indications of **toxic poisons through the system**. The effect is indicated in the unbalancing of the blood pressure at times, the torpidity of the liver in its activity, as combined with the effects of mucous in pockets through the colon itself. These conditions produce the restlessness at times; the **little or slight headaches**, the dullness that appears, the easily being tired, the bad breath of mornings especially, a feeling of scum upon the palate, and the irritation that is indicated in and through the acidity produced in the body."

TREATMENT PLAN:

1. Eno Salts
2. Fume bath and rubdown
3. Colonic irrigation
4. Osteopathic manipulations
5. Basic diet

COMMENTS: Note systemic toxicity as source of headaches and general malaise.

2462-1 MALE 34 3/11/41

ETIOLOGY AND PATHOPHYSIOLOGY: " We find that these impingements exist in rather a complex form in the present. Those areas from the **5th and 6th dorsal to the 8th and 9th dorsal** are in such an alignment as to produce a variation in those impulses in the activity of emptying the duodenum. Thus the activities in the liver are such as to produce a toxic condition through the body. Also there is a slowing of the activity in the refuse forces, or the tendency for the drosses to be slow in their evacuation; though at many periods there is apparently very good elimination or activity through the alimentary canal. But a pressure also from the first cause of this condition exists in the **coccyx end of the spine**. This, with its reflex upon the activities in the nerve and blood flow, has contributed to that condition which exists in the body. Thus we have **two characters of lesions** in the cerebrospinal system, producing these effects that contribute to the disturbance in the functioning of the system ... we find at times not an **indigestion but a nervous upset in same**; causing at times certain foods to produce an overamount of gas, or belching, owing to that condition which is a tendency **towards stoppage in the lower portion of the duodenum**. Then there is the **headache at times**; the lack of obtaining the proper amount of rest from the normal relaxing of the body in sleep becomes a part of the effect at times."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Fume bath and rubdown

3. Colonic irrigation
4. Alcaroid
5. Basic diet - no carbonated drinks
6. Once a month, lithia water

COMMENTS: Note two kinds of spinal lesion with the dorsal lesions being directly linked to the headaches. "(Q) Until the cause is removed, may anything be done to relieve the headaches when they occur, which is every 7 to 10 days? (A) Begin with these treatments at once, and we will not have much cause for the return of these headaches. (Q) Does the condition of the eyes have anything to do with producing these **headaches**? (A) Rather we find that the condition of the eyes, or the general nervous pressure, is from that indicated - so that **the upper dorsal area is to be included in the specific osteopathic corrections**. It is the sympathetic reaction that produces the burning of the eyes occasionally." A background report with this file states: "The manifestations of my trouble are headaches with accompanying muscular and nervous disruptions in the neck, shoulders, back, stomach and intestines. A physician has told me that somewhere a vicious cycle is started which affects all the parts mentioned, and it appears that the headaches must run its course before relaxation and normalcy is restored. The headaches recur every seven to ten days and last from early morning to late at night with varying degrees of severity.... These headaches started about five years ago when I was working very hard, away from home, eating restaurant food. I had my eyes examined and was fitted with glasses shortly thereafter. Three years ago the prescription was slightly changed. My most recent eye examination was two months ago by a different oculist who changed my prescription so much that perhaps faulty glasses may have made my headaches more complex.... Osteopathic treatments occasionally have made an oncoming headache less severe but they have not forestalled their recurrence."

2072-3 FEMALE 31 3/18/41

ETIOLOGY AND PATHOPHYSIOLOGY: "Much of the real disturbance in this body, as we have indicated, arises from the **incoordination of the eliminating systems**. This has grown to such an extent as to affect, and be affected by, the conditions produced in the **glandular system**. Thus that particular part as related to the perspiratory and respiratory system in connection with the alimentary canal is affected. Also the glands of the **thyroid system and the adrenals** have become greatly involved.... In their reaction these cause the impulse for the body to be **allergic to the taking of foods** which - in the basic analysis - the body has been and is short of. Thus these become as overpowering influences. As an indication: Little of fats or greases are assimilated by the body, and oils - even of nuts; especially those that are rich in that which easily becomes **rancorous by the slow digestion** or activity. So, **violent headaches** are produced; a disturbance to the digestive forces, even to the point of the system's attempting to expel same by vomiting. Also any form that would produce too much of lymph, or that would cause inflammation of the mucous membranes through the intestinal system."

TREATMENT PLAN:

1. Atomidine
2. Electric vibrator along spine followed by massage
3. Relaxing general osteopathic treatment
4. Plenty of citrus juices and beef juice, 2 pieces of toast each day, almonds
5. Calcios
6. Slippery elm bark

COMMENTS: Note food allergies produced by poor eliminations and glandular dysfunction resulting in inflammation

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in the intestinal tract. A report with this file states: "There is a tendency toward headaches with this dryness and neuralgic ache from the base of the skull around up to the temples, and sinuses, the eyes and the teeth. Almost always more of a tendency to headache near the beginning of the monthly period, especially if I lift something, hoe, rush about to accomplish something. [1861] and I are not accepting this diagnosis as the last word. I am continuing osteopathic treatments with Dr. Turman in Richmond who has relieved some of the tautness and discomfort along the spine and in the head, but I still have nausea and vomiting spells apparently arising from certain reflexes due to gas pressures in the rectum or intestines or stomach. These cause pains in the back of my head and forehead and sinuses. I had just begun to consider these in the light of Migraines or some other form of headache when I went over for the check-up."

556-18 MALE 62 3/22/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause and treatment for **severe headaches and swelling over eyes?** (A) It has just been given as to the cause, - the tendencies for some of the **veins in throat and head to be so thinned** - the walls of same - as to allow the **PRESSURE** that is indicated in the blood to ooze through same. Hence those activities as indicated in the open, and the foods, should correct these conditions."

TREATMENT PLAN:

1. Dietary changes
2. Mental applications of self towards more peaceful and harmonious things

COMMENTS: Note thinning of blood vessels as cause of headaches and swelling over eyes. Here are the dietary recommendations to address this problem: "As we find, there should be the more efficient supply and more quantities of the Vitamins B and B-1 and D. These, through the food supply, would be the better means for obtaining helpful directions for the body forces. These vitamins would be found supplied best by having at least twice a week the pig's feet, well cooked and well jellied - using the gristle portions especially, or mostly; also goose liver, chicken liver, calves' liver. These may be alternated, but these should be broiled - or ground and cakes lightly cooked with same - in the various forms. Also we would have plenty of steel cut oats, well-cooked, or cracked wheat and such forms."

2470-1 FEMALE 51 3/22/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... **sympathetic nerve reactions produced by acid pressures upon the nervous system**, - especially in the **superficial circulation**, or to those centers particularly where the sympathetic and cerebrospinal should coordinate. Hence a **nervous headache** - as indicated in the present; the inability for the body to rest well at times. We find that these combinations arise from the **unbalancing in the digestive activity**, causing the **acids to be increased and at other periods an excess of the lactics; thus an unbalanced condition.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. Alcaroid
3. Elixir of Lactated Pepsin and Milk of Bismuth
4. Hemorrhoid ointment
5. Lavioris as intestinal antiseptic
6. Diet - more B vitamins (steel cut oats, liver, beef juices)

COMMENTS: Note pH imbalances in digestive system causing pressures on sympathetic system producing disturbances to the superficial circulation.

2474-1 MALE 45 3/27/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... in the nerve system those pressures that cause the **violent headaches**, - which at times appear as a **partial paralysis of a side of the face; so that through the eye and a portion even of the frontal brain center there appears rather the separate or tangible movement.** This is caused by such long pressures that have brought about the nature of the disturbance itself. In the nervous system, or systems, there are pressures that prevent the coordination of the sympathetic and cerebrospinal centers as related to that area from which the **duodenum** receives its impulse in nerve force for the lymph and emunctory circulation at periods of assimilating the gastric flow of the digestive system. Thus we have the nerves of the **hypogastric and pneumogastric center** as the area in which this **lack of proper stimulation exists.** This is in the **ganglia upon the left side at the junction of the 5th and 6th dorsal center.** The reaction from this lack of coordination of impulse is to build on the organs of assimilation, as controlled by the **hypogastric and pneumogastric center**, what may be called a fullness - that bursts, as it were, upon the activity of that portion of the jejunum, emptying from the pylorus into the jejunum. To be sure, branches from this plexus (the **pneumogastric and hypogastric**) are active to the liver, the gall duct, the spleen and the pancreas, and the flow of the activity from the pylorus portion of the stomach to and through the duodenum. Hence a **spasmodic condition is produced in the flow when the headache is the most violent; though the area from which the impulse arises does not suffer as does the reflex center from the brain TO the plexus that controls the activity in the digestive system.**"

TREATMENT PLAN:

1. Elixir of Lactated Pepsin
2. Osteopathic adjustments
3. Magnetic healing

COMMENTS: Note the explicit pathophysiology for digestive etiology in this case. The osteopathic treatment and magnetic healing recommendations were also explicit: "Hence we would have the osteopathic adjustments with special reference to the areas throughout the controlling of the assimilation and the flow of that digested from the stomach, the duodenum AND the upper part of the jejunum; or the area from the 4th dorsal to the 9th dorsal, with PARTICULAR reference to the lesion at the 5th and 6th dorsal. We would have at least six to ten of such adjustments osteopathically. Then we would leave off the adjustments for a period of a week; then we would have six to ten more, with special reference - then - to coordinating ALL centers of the area from the lower portion of the stomach, or from the 11th and 12th dorsal - then - to the 1st cervical. To be sure, not JUST the cerebrospinal centers are to receive attention, but the head and neck - though not so severe; more the side of the face and the neck, at the upper portion of the 2nd and 3rd cervical. Then the side of the face, the chin, the nasal passage - all of this is to receive some attention. The stimulating of the ganglia and the removal of the pressure by proper adjustment in the 5th and 6th dorsal center, should bring relief for this body. At the beginning of the first rest period from the osteopathic treatments, - that is, after the first six to ten adjustments have been made, - we would start with the use of the vibration from hand therapy by an individual who carries healing in his body and mind. Let such an individual, for at least twenty minutes, every other day, place his hands on the patient in this manner - right next to the skin, you see, in direct contact with the body: Sitting upon the left side of the body (so as to make the applications easier), rub the hands well together, dry, and then place the right hand (with the body lying prone, of course) over the 5th and 6th dorsal center - next to

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the flesh itself - that is, under the spine at this area, see? Then place the left hand over the gall duct and lacteal duct plexus - which would be more on the right side of the body, you see, opposite the navel - which controls the (lymph) activity of the flow. And it will be found that this hand vibration will be beneficial even under the periods of great stress. Of course, for some weeks - yes, for a month or so - there will be **recurrent spells with the headache**, but they will gradually lessen, if all of these applications are followed as outlined; not just part, but all of that suggested. Let these hand vibrations be applied by a healer for at least a period of ten times in succession, - that is, every other day for at least ten applications; or until the corrections have been made. But we would not begin these until the first series of osteopathic treatments has been completed, you see - so that there will be the better reactions."

2157-2 MALE 20 4/5/41

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been a wrench (and a minor one in the beginning) to the spinal column. This disturbance exists in that area between the **7th and 4th dorsal centers**. It has not given a great deal of trouble, though at times there has been some little uneasiness of unpleasantness in the area. But the effects produced upon the physical forces of the body are the things concerning which warnings are given here. This has **upset the digestive area**, slowing up the activity of the duodenum in expunging the digested foods; slowing the liver secretions and activities until there are some toxic conditions that are making for **disturbance to the liver center and the kidneys; also producing some malarial reactions in the system: Dull headaches**, burning of the eyes, an unpleasantness and a dryness in the throat, a fullness in the stomach, a general debilitation and the lack of any vital energies being active through the system."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Grove's Tasteless Chill Tonic
3. Zilatone followed by Sal Hepatica
4. Diet - easily assimilated foods

COMMENTS: Note spinal injury producing hepatic disturbance and vulnerability to malarial reactions resulting in frequent, dull headaches.

413-13 FEMALE 51 4/25/41

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been, and is in the present, a great deal of anxiety, a great deal of **condemnation - towards self**; and that inclination to MAKE for those experiences that submerge the entity in its better relationship. This, as **combined with physical conditions**, produces then a physical-pathological condition, as well as a **psychological condition** that - under the physical disturbance - **finds a physical reaction**. . . . Hence those conditions in the **circulatory system** and the nerve system; which produce a fading away, a tiring, a weariness, - with a tendency for the irritation to the throat, the bronchi, the cough, the **headache** at times, the repression through the throat and chest. All of these arise from this combination of disturbances. . . . (Q) Through what systems do these influences function to bring about the conditions now manifested in the physical? (A) As indicated, the sympathetic nervous system as combined with the cerebrospinal system, and - naturally - the glandular forces of the body."

TREATMENT PLAN:

1. Egg white with lemon
2. Attitude adjustment
3. Milk of Bismuth and Elixir of Lactated Pepsin
4. Violet ray

COMMENTS: Note psychosomatic factors producing nervous system and digestive system dysfunction.

1965-2 MALE 58 5/2/41

ETIOLOGY AND PATHOPHYSIOLOGY: "The nerve system also indicates the position and the effect that is being produced from these pressures, as indicated, in the **lumbar axis, through the sacral, the coccyx and the ileum plexus**. . . . For, if the involvement in the lower portion **produces a lesion (and there is a floating one in the present) in the upper dorsal**, we will find - as occasionally occurs in the present - the **dull headaches**, a bit of dizziness, at times lack of proper assimilation of foods, or sudden fullness after eating - because of the **slowness of the gastric flow activities to the pyloric portion of the stomach itself and through the duodenum**."

TREATMENT PLAN:

1. Osteopathic adjustments with wet heat for relaxation
2. Massage lower spine with Mutton Tallow, Turpentine, Camphor
3. Colonic irrigation
4. Sitz bath
5. Fume bath with witchhazel followed by massage
6. Basic diet with few vegetables from below ground
7. Constructive attitude

COMMENTS: Note that pressures in the lower spine could produce lesions in the upper dorsal that would cause headaches and disturbed digestion.

1964-2 MALE 29 5/6/41

ETIOLOGY AND PATHOPHYSIOLOGY: " In the nervous system we find a part of the cause of the present conditions, in combination with the old disturbances. For, **deflections arise in the vagus center and the 4th and 5th dorsal centers** - that aid in supplying the energies to the organs under distress. . . . Thus, first forming those deflections in the nerve impulses through the system's attempting to adjust itself to the changes, **lesions** are formed in the centers as indicated; not so much subluxations but more of the **plastic and circular form of pressure**. . . . In the **liver and pancreas** we find the areas through which there is the greater distress, though sympathetically we find formations also of sedimentary forces in the **gall bladder** itself, as would be indicated in urine tests. (Q) What causes and what should be done to correct the **headaches**? (A) These arise from **this inactivity of the gastric flow in the digestive forces, owing to those sedimentary conditions beginning in the gall duct area** itself, and involves the **lower hepatic circulation** also, of course."

TREATMENT PLAN:

1. Castor oil packs from liver to caecum
2. Osteopathic adjustments for spine and also drain gall bladder
3. Basic diet with plenty of liquids

COMMENTS: Note gall bladder etiology for headaches produced by spinal lesion in the vagus and mid-dorsal centers.

2561-1 MALE 50 5/9/41

ETIOLOGY AND PATHOPHYSIOLOGY: "We find in the nervous systems the sources of the disturbance, which exist from a **subluxation in the upper portion of the 8th and 9th dorsal**. . . . Consequently, there is a **sympathetic expression in the cervical and the 1st and 2nd dorsal area**. We find that this subluxation in the 8th and 9th dorsal was caused from a wrench, or a strain produced some time ago. . . . This causes those periods in which the body grows tired easily from physical exertion, or from a great deal of mental activity. For, this is the area from which there is not only the involving of the organs of assimilation

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but that center through which there are the reflexes when a great deal of mental activity is used or is desired by the body. This **overmental activity causes a deflection of nerve forces through the secondary centers from which eyes, ears, nose and all of the sensory system** receive impulses for the perfect circulation. Then a **little dull headache at times occurs through the temple; at other periods it may be through the eyes....**”

TREATMENT PLAN:

1. Osteopathic adjustments
2. Fume bath followed by massage with pine oil
3. Colonic irrigation
4. One-A-Day vitamin supplement
5. Basic diet
6. Constructive attitude

COMMENTS: Note initial injury to 9-10D with reflexes to cervical and upper dorsal combined with mental stress produces headaches.

1387-5 FEMALE 42 5/24/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... the digestive system, as we find in the present, and produces a form of **headache** that arises from a condition in which the blood appears to produce **pricks, or a buzz, along the nervous system**. The effect is in the reflexes from the brain, and the **source or nature of these is in the poisons from this toxic force....** (Q) Even though my **headaches** pre-date my knowing any of the members of NESDOR INC. have my activities in the Shop and elsewhere with them had any bearing on the condition? (A) There have been periods when the **association has aggravated**, but it is **not a source or cause** and should not be considered so in the present. Rather the source is as indicated. Those conditions for the **kidneys, and as to the position of stomach**, are better; but the pressures made in some respects have not been so well.”

TREATMENT PLAN:

1. Hot and cold applications prior to spinal adjustments by moving segments (5-9D)
2. Compound: Strained Honey, Wild Ginseng, Wild Ginger, Valerian

COMMENTS: Note that work related stresses are only an aggravation and not the cause of the headaches which were traced to toxicity as related to kidney dysfunction and abnormal stomach position. The reading observed that the recommended treatment had not been carried out fully. The psychospiritual aspect was pursued in the question and answer section: “(Q) It has been suggested that my illness is partially psychic, a sort of semi-obsession idea. Is there any basis for this belief? (A) As we find, it is rather a physical condition, though the psychic - or the attempt to raise the kundalini - causes an irritation. It would be best NOT to be too deep in meditation until the physical conditions show improvement. (Q) Is the condition the working out of a karmic debt? (A) It may be termed such, yet in the present it would be rather - as we find - far-fetched; but could be called such, by some.”

641-7 MALE 27 6/6/41

ETIOLOGY AND PATHOPHYSIOLOGY: " As we find, general conditions in the present are very good, though there are still those **thinned conditions through portions of the intestinal system**, and the chemical forces of the digestive area become easily upset.... (Q) When **periodic headaches** occur, should any particular treatment be followed? (A) The better **eliminations**, and quiet.”

TREATMENT PLAN:

1. Yellow Saffron Tea and Camomile Tea

2. Chew slippery elm bark and swallow saliva
3. Keep in the sun
4. Basic diet
5. Adiron
6. Enemas
7. Castoria
8. Constructive attitude

COMMENTS: Note leaky gut syndrome and digestive upsets producing poor eliminations and headaches.

1745-5 MALE 48 7/23/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **severe headaches** and cough? (A) The cough is caused by the pressures upon the bronchi, by this backing up of impulse. The headaches arise from the **congestion in the liver**.”

TREATMENT PLAN:

1. Osteopathic adjustments and gentle drainage of gall bladder
2. Castor oil packs
3. Basic diet for better eliminations

COMMENTS: Note sluggish liver as cause of headaches.

2580-1 MALE ADULT 9/1/41

ETIOLOGY AND PATHOPHYSIOLOGY: " In some time back there were those effects of an insidious type of disturbance - an infectious condition. This left a weakness in the lymph circulation, especially through the torso and particularly the colon area. Then a little later there was a deep cold, then **intestinal flu**. This tended to produce a further weakened condition through the digestive forces, and caused a form of **congestion in the colon**. Hence we have in the present a plethora and a prolapsus in the colon. This has produced a hardship on the digestive system; thus forming a condition in the **liver**, as combined with the other disturbances in the body, - as of **one lobe of the liver not functioning properly**. Then this produces, in the circulation between the heart, the lungs, the liver and the kidneys, a disturbance in blood pressure, blood count, and at times causes a fullness through portions of the extremities; dizziness, upset stomach, quick pulsations, a **type of headache at the base of the brain**, and those conditions through the shoulders and portions of the chest as of great heaviness.”

TREATMENT PLAN:

1. Colonic irrigations
2. Osteopathic adjustments
3. Basic diet
4. Yellow saffron tea and slippery elm bark (chewed)

COMMENTS: Note complex etiology beginning with infectious forces affecting intestines causing congestion of the liver and disturbed upper hepatic circulation.

2585-1 FEMALE 28 9/9/41

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these arise from a condition which began with the organs of the pelvis, where a **cold - combined with the periods - brought congestion**, and set up those disturbances with the **Fallopian tubes** which to some extent at times cause disturbance to the **ovaries** themselves. These cause a **disturbance at the periods**; sometimes scant, sometimes too much. And this drain upon the nervous system tends to reflex to the nervous forces in the digestion, producing a character of nervous **digestion** as well as the tendencies for some disturbance of the nature through the **colon**. The **headaches** at times, and the reflexes to the eyes, all become a part of the disturbance - which arises from the **congestion first caused sometimes back**.”

TREATMENT PLAN:

1. Osteopathic adjustments

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2. Sinusoidal treatment
3. Violet ray
4. Basic diet

COMMENTS: Note after-effects of cold settling in the reproductive tract and possible menstrual headaches. The instructions for osteopathic treatment cite sympathetic lesions to the upper spine: "We would begin first with adjustments osteopathically administered, that will aid to stimulate the flow of impulse to the organs of pelvis, to aid in setting up better drainages throughout the alimentary canal, to alleviate the pressures and circular lesions that have been formed from the attempt of the body-forces to adjust themselves to this mal-activity in the nervous system to brain forces - which exists in the cervical area; though the corrections would be in lumbar, sacral, 9th dorsal, the 6th to the 8th dorsal, and throughout the cervical and upper dorsal areas."

2589-1 FEMALE 67 9/18/41

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these began primarily from an **overstrain** in the body, and a **subluxation** which existed in the area of the 8th, 7th and 9th dorsals. Then there were those distresses that came from **taxation through congestion, and the eliminations being disturbed**. By or through the imperfect circulation through the **caecum and colon area**, as caused by the subluxation, we find that there began the creating of **mucous**. This formed a character of **colitis**, which has at times produced a plethora in one portion of the colon and a tendency towards prolapsus in the other. The effects that have been produced through the various stages have been of varied characters. At times, when there has been an **upsetting of the digestive system**, there have been **headaches**, sour stomach, the inability of the body to rest well."

TREATMENT PLAN:

1. Tonic: Strained Honey, Wild Ginseng, Wild Ginger, Syrup of Rhubarb
2. Osteopathic corrections
3. Colonic irrigations
4. Basic diet

COMMENTS: Note spinal subluxation, colitis, and digestive upsets producing headaches.

2590-1 FEMALE 37 9/24/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **Frequent severe headaches?** (A) These also come from **poor eliminations**. Use the massages over the abdomen and the areas indicated - we will aid in better eliminations and rid the body of headaches."

TREATMENT PLAN:

1. Wet cell battery with gold followed by massage
2. Basic diet and Jerusalem artichoke
3. Positive attitude

COMMENTS: Note poor eliminations as cause of headaches.

2520-2 FEMALE 38 10/4/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... the general condition of inflammation and catarrh, or a tendency for the formation of mucous that becomes as a STREP in the lymph - or adhering. These indications we find not only in the pelvic organs but through those conditions about the liver, in the lungs, in the throat, and at times in the nasal passages.... These also in their activity produce greater disturbance in the present through the pelvic organs and the activity of same, because of changes that are being wrought in the functionings and the activities of the glandular system as related to periods, or the menstrual flow, and the activity upon the ovary and to the tubes themselves.... At

times, then, great distress is produced to the nervous system; irritations to the mental attitude, **headaches**, even at periods the tendencies for nausea, repressions through the abdominal area, aching through the small of the back and through the ovarian area.... (Q) **Are the headaches connected with my menstrual period?** (A) **The headaches are connected**, as has been indicated."

TREATMENT PLAN:

1. Alkaline diet
2. Osteopathic treatments (relaxing)
3. Violet ray with vaginal applicator
4. Atomidine and Glyco-Thymoline douche

COMMENTS: Note menstrual headaches produced by inflammation and catarrh in pelvic organs. The background report for this file states: "I have an ache at the back of my neck and have had at intervals for the last ten years. I can always count on it either before, during or just after my Menstruation period. Recently, it has appeared just before and has been of longer duration and more severe. The pain is also felt in the forehead and around the right ear. At times a feeling of nausea comes over me. I feel certain it is not due to eye strain for just a month ago, I had my eyes re-checked. My Menstrual periods are not normal, either. For about two years, they have been irregular. Two years ago, I had trouble with a slight discharge of blood appearing a week before my regular period. I was examined and advised to take a "Curettag" treatment. This I did and for a year the condition was corrected, but for the last three periods, the same thing has occurred. During this last period the neckache and headache were much more severe. It lasted three days and relief was not felt until I had had as Osteopathic treatment and my normal Menstrual period started.... I have had these neckaches and headaches since my little girl was born. She is now almost twelve years old and you can see how wonderful to find the source of my ailment."

808-15 FEMALE 34 10/5/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are periods when the result is not only nerve exhaustion but the **type of headaches, that vary at times**; the inability of proper **assimilation and the upsetting of the digestive system**.... These arise not so much from over-taxation, as might be felt at times, but rather from the cycles of activity through the **glandular forces** of the system. And these especially become involved, - the overactivity at times of the **INNER action of the thyroid**, the LACK of proper activity of the **adrenals**, the suppression of activity of the **glands as related to the genital system**."

TREATMENT PLAN:

1. Tonicine
2. Fume bath and massage
3. Rest and exercise
4. Atomidine
5. Adiron
6. Calcios
7. Glandular injections (Eschatin)

COMMENTS: Note glandular etiology for the headaches.

2601-1 FEMALE 41 10/7/41

ETIOLOGY AND PATHOPHYSIOLOGY: "This arises from a form of **lesion that exists in the ganglia in the areas from the 3rd, 4th and 2nd dorsal, and in the vagus center at the 3rd and the 4th cervical**. The lesion is in that area between the 4th and 2nd dorsal, and is of such a nature that the reflexes from same - under most any circumstance - cause a **swelling in the nasal passage**, - as in part of antrum, and produces **pain in the**

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head; this between the eyes and at times to the temple.... Not that this occurs at all times, but with the **least excitement**, or with **overtaxation of the body physically or mentally**, and apparently at times without either of these, merely the **atmospheric pressures** will produce this swelling, or **this reflex action through the impulse from the area to the sensory system....** (Q) Why are the **attacks more severe in the morning than at any other time?** (A) This is when the **atmospheric pressure** is often the more changed. This effects the body more at such periods, as the body is sensitive to atmospheric changes or pressures. (Q) What causes the **severe headaches** which occur every few weeks? (A) These are a part of the same conditions. Use those applications indicated, - the spray, the osteopathic corrections - having at least fifteen of these; and using the diets as well as the Appliance daily; and we will find we will correct the conditions."

TREATMENT PLAN:

1. Monolated Ichthyol nasal spray
2. Osteopathic corrections
3. Radial appliance
4. Diet - easily assimilated

COMMENTS: Note spinal lesions in upper dorsal and cervical producing swelling in nasal passages causing headaches that are triggered by stress or atmospheric conditions.

263-16 FEMALE 30 10/30/41

ETIOLOGY AND PATHOPHYSIOLOGY: " Conditions in the **nerve forces are the seat or the cause of the headaches**, the upsetting of the stomach, the weaknesses, AND the general tendencies for the "all overness" of the depression as the body experiences at times. This is a result of the body through the **glandular system** attempting to adjust itself to those conditions brought about by changes in the general activity of eliminations AND of conditions through the body. Hence these come as **periodical reactions**. And when they do, they produce pressures upon not only the cerebrospinal system as a physical reaction but more specifically upon the secondary or sympathetic nerve forces. Thus that form of **headache, that varies at times, where there is through the jaws, temples and head almost a throbbing; at others a feeling of stiffness in back of neck and head and through the central portion of the head, as it were, with blurring of eyes; causing even the optic itself to become involved, as the eyeball becomes sore, with the redness, or the white portion of same even becoming tinted or yellow or pink, or both.**"

TREATMENT PLAN:

1. One-A-Day vitamin supplement
2. Deep, thorough spinal massage with peanut oil and pine needle oil
3. Wet cell with gold and camphor
4. Balanced diet
5. Do something for other people, entertain young people, be kind to old people
6. Camphor and Lobelia on temple for headache

COMMENTS: Note glandular etiology producing pressure on sympathetic nerve centers with severe headaches. Here is a recommendation for acute headache: "There will be at times the return in greater or lesser degrees of the headaches. When this occurs, keep quiet, cover the eyes with COLD cloths, and bathe the temple with Camphor AND Tincture OR Oil of Lobelia. These will aid in lessening the pain. And have the back massaged, across the sacral and lumbar areas."

2602-1 FEMALE 38 10/13/41

ETIOLOGY AND PATHOPHYSIOLOGY: "The **subluxations exist in the 9th and 10th dorsal, and in the 7th and 8th dorsal, and in the 3rd and 4th cervical**. The correcting of these subluxations will tend to allow for better normal reactions through the system; aiding also, through the corrections and stimulations to the digestive and the eliminating systems, to cause better activities that will **ELIMINATE** the sources of the **headaches that have arisen from this indigestion**, or the superacidity tending towards a **laceration or irritation in the lacteal areas of the lower portion of the duodenum.**"

TREATMENT PLAN:

1. Castoria
2. Castor oil packs over liver
3. Sal Hepatica
4. Diet - eliminate starches, no hog meat, few sweets
5. Osteopathic treatments
6. Atomidine and Glyco-Thymoline douches

COMMENTS: Note spinal subluxations producing indigestion and headaches. A report with this file states: "I can say that except for my continued headaches, I feel much improved, having now had two of the osteopathic treatments. I am in hopes that the headaches, from which I have suffered for 4-1/2 yrs. without relief despite all kinds of medical treatment, will also improve in time. A later report stated: "Feels 80% better, lots more energy, free of constant headaches - only has them now around the menstrual period. The osteopath, Dr. Rathbun, is still trying to figure out how the Reading could give the affected parts of the spine."

2293-2 FEMALE 30 10/16/41

ETIOLOGY AND PATHOPHYSIOLOGY: "The **toxic conditions**, combined with some disturbance that has gradually grown through the activity of the **pelvic organs**, have produced a **prolapsus through portions of the colon**. This becomes a contributory cause. As we find, the causes - now - are those pressures that exist in the cerebrospinal system, especially in the end or **coccyx portion of the spine, in the lumbar axis and through the upper dorsal and cervical area**. Do these and we should bring bettered conditions for this body; we will make corrections of the irregularities in the Periods, we should be able to correct the **toxic forces and rid the body of these dull headaches**, these cold, chilly feelings that come at times."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Colonic irrigations
3. Foods that carry A, D and B-1 vitamins

COMMENTS: Note spinal pressures causing prolapsed colon and pelvic disturbances resulting in headaches.

2611-1 MALE 23 10/25/41

ETIOLOGY AND PATHOPHYSIOLOGY: "The first causes are in the nerve system, as indicated by a **subluxation that exists in the area of the 3rd and 4th and 5th dorsal**. From this deflection, and combined with the **after effects of a deep cold - like flu** - a lesion has formed in the area. This is the source, as combined with the deflections produced in lungs, or in what is primarily the pleura area. And this is the cause of the contraction in lungs, that adds to the condition which produces the **headaches - through the eyes, through those portions of the head as in the temple, at other times through the frontal portion to the base of the head itself.**"

TREATMENT PLAN:

1. Calcios
2. Acigest

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3. Eucalyptol inhalant
4. Osteopathic adjustments
5. Basic diet with small doses of olive oil

COMMENTS: Note spinal subluxations in upper dorsal area and after-effects of cold or flu as causes of headache.

2617-1 FEMALE ADULT 11/12/41

ETIOLOGY AND PATHOPHYSIOLOGY: "To be sure, these also give **the lack of abilities for the proper eliminations, as well as assimilation; so the headaches**, with a little nausea at times, are also a result of this **general debilitation**. Those activities that produce this, from the **glandular effect**, cause the inability of the system to keep a coordinant activity of the proper chemical balance through the body. Those elements lacking, when combined in chemical terms, are **gold, silicon**, and those that supply the effluvia in the blood for coagulation where used energies are distributed and eliminated from the body."

TREATMENT PLAN:

1. Atomidine
2. Wet cell battery with gold and camphor followed by massage
3. Basic diet with re-inforced cereals, wheat germ oil, juices that carry B-1 vitamin, beef juice
4. Meditation and prayer

COMMENTS: Note general debilitation from glandular effect and nutritional deficiency.

303-27 FEMALE 55 12/8/41

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Are my **headaches caused from my stomach or my nerves?** (A) **Both, more from the nerves, though, but nerves of the stomach.**"

TREATMENT PLAN:

1. Relaxing Massage with oils
2. White Russian Oil taken internally
3. Eno Salts
4. Plenty of liquids of all kinds

COMMENTS: Note source of headaches via stomach nerve reflexes.

1990-5 MALE 4 12/9/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are these TWO areas where there is a disturbance (this varies at times); in **the 2nd cervical and in the 3rd and 4th dorsal**. Hence we find, with any **unusual exercise or activity** the body becomes upset; **headache, sick at the stomach.**"

TREATMENT PLAN:

1. Osteopathic adjustments
2. Spinal massage with peanut oil

COMMENTS: Note two areas of spinal pressure that produce sick headaches. The background report with this file raised the question: "**Complains of headache often in middle of forehead; nausea especially when riding in car. Could it be result of falling off mule last summer?**"

1783-3 FEMALE 46 12/12/41

ETIOLOGY AND PATHOPHYSIOLOGY: "Because of the position, or the activities of the body, there is a tenderness especially in the **2nd and the 6th cervical centers**. ... That there has been some **upsetting in the digestive forces** is also indicated, and from those old tendencies for **acidity** there is brought about a greater distress on the **hypogastric and pneumogastric nerves**. These bring about that type of **headache that comes at times to the top of head, at others through the eyes and temples.**"

TREATMENT PLAN:

1. Colonic irrigation

2. Massage
3. Osteopathic adjustments
4. Diet – include liver and kidneys

COMMENTS: Note the effects of acidity on hypogastric and pneumogastric nerves producing headaches.

379-17 FEMALE 61 12/12/41

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are those acute disturbances in **the lack of the emptying of the duodenum, owing to some congestions in the liver area**. Thus pains are produced in the stomach, or gall duct area and kidneys, as well as **violent headaches** accompanied by nausea."

TREATMENT PLAN:

1. Sal Hepatica
2. Simmon's Liver Regulator
3. Castor oil packs over liver and abdomen
4. High enema
5. Light diet, more liquid

COMMENTS: Note sluggish liver as source of violent headaches.

2638-1 MALE 41 12/15/41

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nerve forces, then, we find pressures existing in the **9th and 10th dorsal**; also pressures in the areas of the **3rd and 4th cervical, and in the 2nd and 3rd and 5th dorsal**. These deflections, and the **general debility** - which has been met in part, yet only removing or deflecting the activities and not eliminating the causes - bring about the disturbance of **inflammation to the sensory system**, especially the optics, or through the area about lids, eyeball, and the optic itself. These bring types of **headaches**, as well as an upsetting of the general nervous system, producing in the general reactions to the circulation of an internal temperature; hence causing the metabolism of the body to be disturbed."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Violet ray
3. Potato poultice for eyes
4. Spinal massage with peanut oil
5. Jerusalem artichoke and body building diet

COMMENTS: Note spinal pressures and inflammation in the sensory system. A report with this file states: "I occasionally have a dull headache - usually on Sundays - which may or may not be caused by eating too much and not exercising enough. Then there are times when for no apparent reason my nerves are on edge."

826-14 MALE 40 12/29/41

ETIOLOGY AND PATHOPHYSIOLOGY: "Here we find there is **too great a tendency on the part of the body to be too scientific with itself as related to diet and chemical reactions in the body**. ... The **administering of the active forces through or in the body, by the chemical lack, rather than through the proper assimilation of the vitamins necessary**, has tended - with the **activities of the mind** over same - **to clog the system, rather than being assimilated by the system**. Thus the lacking elements of B-1 (or thiamine), and the acids that are a combination of B-1, G and D, have NOT been assimilated from the chemical standpoint. And the diet not being balanced caused the tiredness, the upsetting in the vital energies of the body; **headaches**, eyes tired, the trembly feelings through the body. All of these have come from this **CONFUSION** in the assimilating system. As we find, the diets that bring a normal amount of

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vitamins especially A, D, B-1, G and K may be had in the PROPER consideration of **foods, rather than chemicals.**"

TREATMENT PLAN:

1. Balanced diet
2. Exercise
3. Fume baths with witchhazel followed by massage
4. Spiritual rather than so much of a material approach

COMMENTS: Note poor assimilation by improper self-medicating with nutritional supplements instead of nutritious foods. Also note psychosomatic influence of mind on digestion and assimilation.

2642-1 MALE 45 12/30/41

ETIOLOGY AND PATHOPHYSIOLOGY: "... these arose from those **pressures indicated in the reflex action in the central nervous system, or the brain center reflexes themselves.** Then those **applications that upset the hypogastric and pneumogastric nerve forces** caused (and cause) the reflex from the assimilating center TO the central nervous system.... The **gland forces** of the body have been abused, in that some have been so overstimulated as to work hardships upon the activity between the **hypogastric and pneumogastric centers.** Thus the **severe headaches,** at times the inability to take foods at all ..."

TREATMENT PLAN:

1. Spiritual emphasis
2. Massage with peanut oil followed by alcohol rub
3. Body building diet with raw milk and beef juice
4. Companion therapy
5. Suggestive therapeutics

COMMENTS: This male was suffering from mental illness. Apparently the sedatives that he had been given upset the digestive system with reflexes to brain via hypogastric and pneumogastric nerves.

2641-2 FEMALE 47 3/2/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes the **constant headaches?** (A) **Pressures upon the hypogastric and pneumogastric plexus, from gases in duodenum and the pyloric portion of stomach, especially.**"

TREATMENT PLAN:

1. Castor oil packs over liver and stomach
2. Massage with witchhazel and peanut oil
3. Osteopathic drainage of gall bladder
4. Light diet
5. Eno salts or Sal Hepatica

COMMENTS: Note hypogastric and pneumogastric reflexes as cause of constant headaches.

2611-2 MALE 24 4/2/42

ETIOLOGY AND PATHOPHYSIOLOGY: "Of course, those conditions in the **sensory system** have at times much to do with the cause of the **headaches,** but **the more of this arises from the toxic forces** that produce pressures in the sympathetic as well as the cerebrospinal nervous system. Thus the organs of the sensory system, as to the sympathetic, the nasal passages, the vocal cords, suffer under these tendencies. And these produce this **type of headache....** (Q) Have the causes of the **headaches** been reached? (A) No, as indicated, - **the toxic conditions AND the tendency for the reverting to pressures in the sympathetic and cerebrospinal system** at times cause a reverting to old disturbances. These have been improved, but the causes have not been entirely eliminated."

TREATMENT PLAN:

1. Osteopathic adjustments

2. Colonic irrigations
3. Calcios
4. Acigest

COMMENTS: Note toxicity and nerve pressures with effects to the sensory system as causes of headaches.

1523-15 FEMALE 33 4/28/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Please explain the physical reaction which took place in the movies the afternoon of Friday the 24th, which started with a hot flush, then a sensation of pin pricks that moved up the spine covering the head and terminating in the feeling of a **band being tightened around my head, leaving me with a dull headache.** (A) This was an emotion arising from the periods and the flow of emotion from the kundaline center, or the Lyden [Leydig - Leydigian] Gland, to the ones in the center and frontal portion of the head. This was partly a **psychic experience, but kept as a physical reaction by the resistances of the body.** This is nothing to be fearful of, but keep the emotions better balanced."

TREATMENT PLAN:

1. Keep emotions balanced

COMMENTS: Note headache as an after-effect of psychic experience.

2602-2 FEMALE 39 6/21/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Why are the **headaches at the time of my monthly period?** (A) These are part of the **clogging that is a part of the general eliminating system.** As indicated, - see, - there are channels or outlets for the eliminating of poisons; that is, used energies, where there is the effect of the activity of the circulation upon foreign forces taken in breath, taken in the dust, taken in particles of food or those activities that come from such as these, - from odors or the like. These all, by the segregating of same in the system, produce forces necessary to be eliminated. We eliminate principally through the activity of the lungs, of course, and the perspiratory system, the alimentary canal, and the kidneys. Then, as in the case of women - as here - we find that such periods of the menstrual flow cause congestion in certain areas until the flow is begun, or until there is the beginning of the let-up of same. This, then, of course, clogs some portions of the system. The headaches are the signs or warnings that eliminations are not being properly cared for. Most of this, in this body, comes from the alimentary canal, and from those conditions that exist in portions of the colon itself - as to produce a pressure upon those centers affected from such periods. Hence the suggestion for the osteopathic corrections, which aid but which do not eliminate all of those conditions which are as accumulations through portions of the colon. Consequently, the colonic irrigations are necessary occasionally, as well as the general hydrotherapy and massage."

TREATMENT PLAN:

1. Osteopathic treatment
2. Colonic irrigation
3. Fume bath, sitz bath and massage
4. B Complex vitamin supplement
5. Constructive mental attitude

COMMENTS: Note explicit explanation of menstrual headache.

2078-3 FEMALE 55 7/3/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Does the **gall bladder ailment cause the occasional migraine headaches** (though much lighter in pain than formerly)? (A) It's the larger contributing factor, and with the better eliminations these should be farther and farther apart. (Q) Do the gall bladder attacks connect up in any way with an operation or X-Ray treatments

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afterwards, of some two years ago? (A) As has been indicated, there are adhesions caused from the tissue treated too strongly, as well as part of operative forces."

TREATMENT PLAN:

1. Castor oil packs over gall duct
2. Osteopathic adjustments
3. Olive oil taken orally
4. Attune to spiritual influences

COMMENTS: Note explicit gall bladder etiology for migraine in this case.

2772-2 MALE 37 7/6/42

ETIOLOGY AND PATHOPHYSIOLOGY: "In some time back there was what was then a **minor injury to a portion of the cerebrospinal system**. This was in the area from the **7th to the upper portion of the 9th dorsal**. **Gradually this subluxation, having formed a lesion, has deflected the impulse of nerve energy to the liver AND its relationship to the activity of the pancreas....** Thus forms of **poisons** are produced that, themselves, cause the body to tire easily; causing repressions in reactions of nerve impulse between the sensory or sympathetic system and the cerebrospinal system. (Q) What is causing **headaches** and how can I eliminate them? (A) This **slowness of elimination and the general pressure that comes from toxic forces**; which should be cleansed from the system with at least two or three colonic irrigations, see? (Q) What can I do to relieve them when they occur? (A) Let's remove the causes and let's don't have them recur! With the causes removed, the general system may be built back to normal reactions. After at least two or three of the colonics (and let these be at least ten days apart – the first three), we will find there will be little cause for the headaches, - unless **there's overindulgence in eating or tiring of the body.**"

TREATMENT PLAN:

1. Colonic irrigations
2. Fume bath with massage and adjustments
3. Regular exercise
4. Basic diet
5. Attitude adjustment – give to others

COMMENTS: Note spinal injury affecting hepatic system resulting in toxic bowel and headaches.

2782-1 FEMALE 51 7/16/42

ETIOLOGY AND PATHOPHYSIOLOGY: "The **reflexes from those pressures in the cervical, upper dorsal and the 6th and 7th dorsal area, bring about pressures upon the lower lumbar axis** and the extremities become involved - that is experienced at times in the present as a heaviness through the pelvic area, and the limbs become tired, as especially in the ankle and feet at times, and a coldness across the abdominal area, with the accompanying **headaches** as may come from these; making for a combination of disturbance."

TREATMENT PLAN:

1. Colonic irrigation
2. Fume bath with witchhazel followed by massage
3. Osteopathic adjustments
4. Alkaline diet with Jerusalem artichoke

COMMENTS: Note spinal pressures as source of headaches.

2072-9 FEMALE 32 7/22/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Could any immediate measure be used to counteract the **occasional intense headache**? (A) As indicated, this arises from the **drying, or the over-flowing of lymph**; for these are pressures in the soft tissue of the **antrum, and in the head and neck forces that produce**

same. Hence as we find, through these particular periods, use the **Violet Ray**, see?"

TREATMENT PLAN:

1. Violet ray
2. Diet – more fruits, vegetables and nuts
3. Fume baths and and massage
4. Calcios

COMMENTS: Note lymphatic etiology with specific treatment for headaches.

379-19 FEMALE 61 8/3/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What **causes headache** and worn out feeling in mornings? Giddiness and nausea in lying down at night? (A) **Torpidity and inactivity in the liver**, as we have indicated as being a tendency, and that still gives the body disturbances at times."

TREATMENT PLAN:

1. Castor oil packs
2. Simmon's Liver Regulator
3. B complex vitamins

COMMENTS: Note sluggish liver as cause of headaches.

462-16 MALE 58 8/10/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause of the **headaches**? Is there sinus trouble? (A) General weakness. This is more from a **general weakness**, not any inflammation save the **slowing of energies to replace used forces** through the body."

TREATMENT PLAN:

1. General osteopathic manipulations
2. Body-building diet
3. Vitamin supplements
4. Constructive attitude

COMMENTS: Note general debilitation.

2804-1 MALE 26 9/1/42

ETIOLOGY AND PATHOPHYSIOLOGY: "And with a **subluxation that exists in the 5th and 6th dorsal**, there is a tendency for lack of proper activity in the **liver and gall duct area**. This upsets the metabolism of the body, and gives those tendencies towards a disorder at times as of indigestion, souring of certain foods or things in stomach, a **kind of headache that produces pains in the side and base of head**, and some kidney disorder; giving some disturbance to the organs of the sensory system."

TREATMENT PLAN:

1. Simmons' Liver Regulator
2. Colonic irrigation
3. Spinal adjustments
4. Diet – no fats, plenty of food with B vitamins

COMMENTS: Note explicit liver/gall duct etiology for headaches.

303-35 FEMALE 56 9/14/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Is the **lack of elimination** the source entirely of **severe headache**? (A) **It is at the present**. This may be aided, - not by sedatives, for these tend to clog the system, but - by the rubs along the neck and head, and down to the 9th dorsal, see? just a gentle massage; not an osteopathic treatment, but a gentle massage. The electrically driven vibrator would be well also."

TREATMENT PLAN:

1. Grape poultice for abdomen
2. Massage with oils
3. Colonic irrigation

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4. Electric vibrator treatment

COMMENTS: Note poor eliminations as source of headaches.

2811-1 FEMALE 38 9/16/42

ETIOLOGY AND PATHOPHYSIOLOGY: "This, then, is a deflection in such a manner in the **lumbar and coccyx and sacral** area as to cause the slowing of the circulation. These, naturally, have their reflexes through the **assimilating and especially the eliminating systems**. . . . Foods taken at such times do not digest properly. For, the complications are thus such as to form the upsetting of the equilibrium in the lacteals and the activities of the digestive fluids; reducing the alkalinity and producing an excess of acidity. The body then finds, as the result, not only a form of **headache** but the inability to rest or to sleep well, save just as at periods."

TREATMENT PLAN:

1. Osteopathic treatment
2. Colonic irrigation
3. Milk of Bismuth and Elixir of Lactated Pepsin
4. Bulky foods

COMMENTS: Note spinal pressures producing digestive problems with pH imbalance.

2815-1 MALE 19 9/17/42

ETIOLOGY AND PATHOPHYSIOLOGY: "These have to do, we find, with hindrances in the **ganglia of the cerebrospinal system**, that produce deflection in the **glandular forces**, - especially as related to some of the **digestive tract**, as related between **liver and kidneys**. Thus there is the involvement of the **sensory system**. Hence **headaches**, eye strain, a **deflection in the circulation** that causes the conditions in the blood force itself. We find that these exist in the **6th and 7th dorsal, in the coccyx, and through the upper cervical and in the upper dorsal areas**. . . . The **deflection of the circulation** to the head, in combination with the glandular disturbance in the **adrenals**, causes at times the granulated conditions to the lids, more than to the vision itself. But sympathetically, with the **lack of proper circulation**, there is caused the hurting and burning, and a **headache**, and a stickiness at times in the throat area."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Basic diet

COMMENTS: Note vasomotor effects to sensory system via spinal centers.

470-36 MALE 53 9/19/42

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been an upset, or an acute condition, arising from some toxic effect - or indigestion, from the combination of things taken; and then the activity and state of body at the period. . . . (Q) What can be done to relieve the **headaches**, other than that suggested? (A) As we find, if there will be taken the **shower and the work out of evening**, we will keep away from the headaches - unless there is the tendency for the body to become overheated and then suddenly cool off or the like, see? But **get the system cleaned out**. Take the eliminant for two to three days, - a teaspoonful of the Sal Hepatica, or a heaping teaspoonful of the Citrocarbonate, of morning before the meal is taken."

TREATMENT PLAN:

1. Sal Hepatica or Upjohn's Citrocarbonate
2. Jerusalem artichoke
3. Sweet spirits of nitre
4. Watermelon seed tea
5. Shower and evening exercise
6. Constructive thinking

COMMENTS: Note toxic bowel. The advice for laxatives was interesting: "You see, we have here quite a variation as to the activities of the eliminants or those things that produce a laxative or a cleanser. One, of course, arises from a vegetable, one may be from a salts or a fruit salts base. These, of course, vary as to the effect they produce. The attempt is to produce an excess flow as to purify the body, and this depends upon what has been the nature of that to be eliminated. Hence at times it is well to start the eliminations with a vegetable compound and then to flush the system with a few doses of mineral salts or such a base - especially for those who, as this body, have a tendency for an excess activity of the pancreas, or that activity which produces excess of sugar, or a tendency for an unbalanced blood supply. For, this tends to purify the system without weakening the body too much - especially one with a predisposition as has been indicated." The background report indicated that the headaches occurred on rising.

2820-1 MALE 53 9/23/42

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates that there are **hindrances in circulation; both as to nerve and blood supply**, especially as related to **portions of the head**. Hence those periods of very **severe headache**, a lightness - as it were - in the pit of the stomach at times, a choking or full sensation in the throat, and the tingling in the extremities - especially hands and even at times along the limbs, but these occur at different periods. In the nerve forces, as might be said, do we find the sources of the disturbance. There are very definite subluxations in the cerebrospinal system. Almost along the **whole area of the cervicals there are lateral lesions**. There is a **circular lesion in the area of the 6th and 7th dorsal, and between the 3rd and 4th lumbar**."

TREATMENT PLAN:

1. Fume bath with witchhazel and massage
2. Magnet therapy
3. Sitz baths

COMMENTS: Note vasomotor disturbances to head from spinal centers. Here are the instructions for magnet therapy. "But each time when the massage is given, do use a high magnet - this to be rubbed downward along the spine to the 9th dorsal, then upward to the cervicals, but not around the head! This should be done very lightly, to demagnetize the body. This will aid. Give this for about a minute to a minute and a half to two minutes, gently; not just something rubbed over to be gotten through with. Neither is it just something to be used as a helpful force, for it will be felt, but will not give the body any uncomfortable feeling. Let both prongs of the magnet touch the body; not rubbed, though, as to cause irritation, but held upward, so as to demagnetize at each center. Do massage the body (but not corrections) on those areas especially in the cervical and upper dorsal, and in the areas of the 2nd, 3rd and 4th lumbar. These especially should be demagnetized, in the cervicals especially, but not around the head." The background report stated: "I would very much like to receive a diagnosis from you, as I have for several months been suffering at intervals from headaches which come without any apparent provocation, starting usually in the night and increasing in intensity. There are times when they are so painful as to take me 3 or 4 hours to dress. Apparently they have some point of almost constant altho not painful ache, situated at the right side of the head behind the ear, but about 3 inches higher than the ear."

2186-2 FEMALE 29 9/29/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause of **frequent headaches**, and how may they be overcome?"

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(A) The pressures as produced by the poisons through the system, and lack of proper eliminations.”

TREATMENT PLAN:

1. Balanced diet
2. Do not get feet wet
3. Calcios
4. Acigest
5. Eucalyptol inhalant

COMMENTS: Note poor eliminations as source of headaches.

2376-3 FEMALE 25 10/6/42

ETIOLOGY AND PATHOPHYSIOLOGY: "There are still some tendencies at times for the nerves of the stomach to relapse. And this, combined with some strain through the eyes, causes headaches.”

TREATMENT PLAN:

1. Changes glasses
2. Stomach support bandages
3. B-1 complex
4. Constructive attitude, not holding grudges, being kind and patient
5. Balanced diet
6. Osteopathic adjustments

COMMENTS: Note eyestrain and gastric etiology for headaches.

315-8 MALE 35 10/20/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes and what should be done for the following: Headaches? (A) These arise from indiscretion in the eating and in the activities at times. However, if the proper precautions are taken as to diet, these should disappear, if there is kept a very good eliminant for a period, and then a rest period, and then taking the eliminant again.”

TREATMENT PLAN:

1. Laxative: Upjohn's Citrocarbonate
2. Balanced diet
3. Constructive attitude

COMMENTS: Note poor diet and toxic bowel as causes of headaches. The background report indicated that the headache was from “base of brain to right eye temple pains; backaches; left side of right knee pain and when walking up steps, etc.”

340-45 FEMALE 54 11/3/42

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes frequent headaches? (A) From the intestinal system.”

TREATMENT PLAN:

1. Ginseng/ginger tonic
2. Epsom salts baths followed by peanut oil rubs
3. Laxative: Serutan

COMMENTS: Note intestinal etiology for headaches.

2863-1 FEMALE 44 11/28/42

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates that there are the effects of toxic conditions through the body, and a subluxation in those areas from which the nerve impulse contributes to the activity of the liver and gall duct. These become of such natures as to involve the glandular forces, especially as in relation to the thyroids and the adrenals. Thus those acute conditions which arise, with headaches, disturbance with the organs of the sensory system ...”

TREATMENT PLAN:

1. Fume bath with witchhazel followed by massage
2. Short wave treatments

3. Colonic irrigations
4. Vitamin supplement
5. Constructive mental attitude
6. Basic diet

COMMENTS: Note toxicity produced by spinal subluxation, hepatic disturbance and glandular imbalance.

263-21 FEMALE 31 1/4/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What is cause of severe headaches, face and ear, top of head, and blindness of eyes? (A) Lack of vital forces or energies in the body, and the WILL of the body to keep a better coordinating in the body. (Q) Tightness in throat and severe colds? (A) This is superacidity in the system, and - as indicated - there must be better eliminations and better assimilations, and these may be accomplished most by the MIND of the body AND the use of the diet and the activity of those properties indicated.”

TREATMENT PLAN:

1. Vitamin (B-1, B-2) and nutritional supplements (Zyrone)
2. Avoid self-pity and condemnation of others
3. Electrically driven vibrator
4. Massage
5. Osteopathy (relaxing treatment, not stimulating)

COMMENTS: General debilitation appears to be a significant factor in this case. Note long series of readings.

2462-3 MALE 36 1/16/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are still those tendencies for the accumulations, or poisons and toxic forces, to disturb the eliminating channels - or their coordination. A humor exists, from rather a combination of disturbances, as we find - which is indicated by what would sometimes be called cold sores, or glandular knots, under the skin and about the mouth. These are much preferable to be outside than inside, and yet indicate a disturbance that needs attention. These tend to make for a torpidity in the activity of the liver, and an incoordination between the hepatic circulation and the eliminations through alimentary canal ... Hence superacidity is produced through the body; aching at times, thinness in the blood, and a general condition that affects all the organs of the sensory system, making them oversensitive in some directions and less in others. The smell or the taste may alter, and the vision, the sense of touch - with irritations to the body, or an itching.... (Q) What about the continued headaches? (A) These arise from those pressures or disturbances of the alimentary canal and liver, and the incoordination in eliminations, and these should disappear with the taking of these properties indicated.”

TREATMENT PLAN

1. Sulphur-cream of tartar-rochelle salts laxative
2. Don't get feet wet
3. Atomidine
4. Diet - avoid excesses of starches or fats, take plenty of whole grain cereals, having liver as a part of the diet, and fish often.
5. Take plenty of whole grain cereals,
6. Swedish massage and steam bath

COMMENTS: Systemic toxicity and systemic hyperacidity noted. "Continued headaches" indicative of chronic headaches. The reasoning for not getting the feet wet while taking sulphur based laxative was explained as follows: "This doesn't mean that you can't take a bath during the time, but you mustn't get out in the snow or rain or wet, or to have the body damp from the rain or the like! For this will tend to open the pores, the taking of these properties, and is effective upon the whole of the circulation, purifying and coordinating the whole of the

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circulation through alimentary canal, the activity of the liver, the respiratory system, and the flow and activity of the kidneys."

2899-1 FEMALE 30 1/18/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... the sources of these begin rather in the psychological reactions - and the suppressions that have been produced in the body.... Through the digestive forces of the body we find that the liver and the spleen activity have become torpid in their activity, through suppression AND condemnation in same. Hence certain characters of foods become very hard of digestion. Little of fats will digest at all. And the suppressions cause the duct, that controls the activity of the emotions, to produce a drawing, and aching - from the upper portion of the chest, on the right side, to the gall duct and even to the caecum area ... (Q) What causes large pimples or skin most of the time? (A) Poor eliminations, as will be particularly aided when drainages are set up better and there are better eliminations by the draining the gall duct. (Q) What causes extreme tiredness and nervousness at all times and **bad headaches at times**? (A) Liver condition, - toxic forces through the body."

TREATMENT PLAN

1. Attitude change - do not condemn self.
2. Be helpful to others
3. Osteopathic corrections for drainages, especially gall duct
4. Diet emphasizing foods carrying iodine
5. Atomidine

COMMENTS: The explicit psychosomatic dimension of this case is fascinating. "All of the emotions of the body are suppressed. Thus there is a form of glandular reaction; and irregularity in the Periods."

1010-20 FEMALE 71 1/19/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The tendency for **the blood pressure to cause the headaches**, the gall duct disturbance, all of these are tending towards accumulations and segregations in the body-forces - these, in the forming of lymph pockets, are the sources of the disturbances."

TREATMENT PLAN:

1. Radial appliance
2. Sedatives under direction of physician
3. Rest

COMMENTS: Note that headaches are produced by hypertension which is produced by systemic dysfunction. This is a series of readings for this woman.

2772-4 MALE 37 2/8/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Am I allergic to sea food; if so, which kinds? (A) As we find, not allergic to sea foods; it is rather allergic to combination of foods that are taken with sea foods. These cause the tendencies for a quick superficial circulation. It is the excesses of an activity of the vital forces that come from sea food combinations. (Q) What combination has this effect with sea foods? (A) Any sort of sweets or any of those foods that are of an acid nature. (Q) Am I allergic to any other type of food? (A) Only as to combinations, as we find. Certain types of berries, if combined with other foods. Any foods that carry quantities of potash with same, the body would tend to be allergic to; with combinations that are at variance to potash.... (Q) What caused the numbness and tingling sensation of my right arm, shoulders and fingers? (A) This unbalanced circulation in the central circulation, see? (Q) **What is causing me frequent slight headaches lately?** (A) These as we find are from an unbalanced condition in assimilation, or digestion. Watch the diet more, or better, and

keep in accord with that which will agree the better with the body - and these should disappear.

TREATMENT PLAN:

1. Radial appliance
2. Diet

COMMENTS: Food allergies appear to be the primary cause of the slight headaches. Note circulatory imbalances as well.

2796-2 FEMALE 38 2/12/43

ETIOLOGY AND PATHOPHYSIOLOGY: " In the blood supply, - this we find, as yet, very good; save at periods when there is that activity in the organs of the pelvis that causes the greater distress, as indicated by the **type of headache** that is experienced. At such periods, owing to the stress on the nervous system, the pulsation becomes quickened; and there is a charging, or an excess of conditions in the blood that arises from the attempts of the body-forces to meet the distressed areas. We find in the nervous system the basis or cause of disturbance, partially from a subluxation as first indicated in the lower dorsal and through the lumbar and sacral area. This deflection of nerve energy, as combined with the congestions, caused first a congestion in the area of the right ovary. These have changed somewhat, but the pressures remain. Particularly is this indicated in the last dorsal and in the 4th lumbar. These are the **sources of the greater part of the headache** that becomes aggravating to the body at times.... As to the effects produced upon the organs of the body, naturally - being of the nature as to affect the sympathetic forces the more - the organs of the sensory system become more involved. Thus the disturbance not only as to the character or nature of the headaches, but the effect upon the eyes, upon the auditory forces; in the ears at such periods, the throat, and reflexly the activities between the thyroid and the kidney circulation.... In the reflexes to the activities in throat, - these become full, or filled at times; and anxieties - but more reflex from the imaginative or sympathetic forces of the body. Lungs and heart are affected only at such periods when the circulation becomes quickened, and this only sympathetically. The digestive forces at such periods being troubled cause regurgitation, and lack of appetite ..."

TREATMENT PLAN:

1. Warm Glyco-Thymoline pack over right ovary during headache
 2. Osteopathic treatment of 12D, 4L, coordinating with 3C, 4C
- COMMENTS:** Pelvic etiology here which affects various systems as noted. Also note pain in arms and legs linked to pelvic pathology: "(Q) What causes occasional pains in arms and legs? (A) This is the natural result of the pressures (being neuritic pains) upon nerves from those conditions in the right ovarian area." However, there is no indication of menstrual headache pattern.

2881-2 FEMALE 50 2/16/43

ETIOLOGY AND PATHOPHYSIOLOGY: " A toxic condition exists owing to the poor eliminations. Some plethora exists in portions of the colon. These produce a torpidity of the liver, an irregularity in the kidney activity - or to the whole of the hepatic or lower circulation an irregularity. **The pneumogastric and hypogastric centers become aggravated at times; producing the nervous repressions, at other periods the nervous excitements; headaches, nervous digestion. "**

TREATMENT PLAN:

1. Colonic irrigation
2. Mild fume bath with witchhazel and rosewater
3. Massage and fume bath
4. Wet cell battery used as radial appliance

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5. Meditate when using appliance
6. Basic diet

COMMENTS: Systemic toxicity due to poor eliminations through colon with sluggish hepatics are source of headaches and anxiety symptoms. Note "nervous repressions," "nervous excitements," and "nervous digestion" which would probably be regarded as indicative of neuroticism by most clinicians.

2517-4 FEMALE 27 2/18/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Conditions are such that it requires great precautions as to diet and as to eliminations. **The lack of eliminations is the greater source of the headaches**, that are disturbing the body at times. While there is a great deal better condition through the gall duct area, this with the digestive forces - which it controls in a great measure - is the source of the greater disorders through the body.... (Q) I seem to have a very bad odor to my breath and consequently a bad taste in my mouth. (A) This is from the stomach, and - as indicated - purify same with the Alcaroid, followed by the Zilatone - occasionally."

TREATMENT PLAN:

1. ALCAROID after meals
2. Zilatone
3. Osteopathy
4. Colonic irrigation
5. Basic diet

COMMENTS: The recommendations for osteopathic treatment included, "Keep up the relaxing of those areas in the cerebrospinal system that aid in the impulse from the coordinating activity of the cerebrospinal plexus, - the emptying of the stomach; in the 3rd, 4th, 5th, 6th and 7th dorsals. These will materially aid in correcting disturbances."

2920-1 FEMALE 8 2/22/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These are the results of some prenatal tendencies, combined with subluxations that have caused a regurgitation; producing in the flexes [flexors?, plexus?] an incoordination between cerebrospinal and sympathetic nervous system. This is not true epilepsy; it is rather of that nature that might be termed such, and might grow into that form of reaction. But, as we find, it may be materially aided - if there will be corrections made in the present. As we find, the **contraction that takes place, - causing the severe headaches**, followed by nausea and the contraction in the area of the upper cervicals, - comes primarily from those subluxations in the 9th dorsal, and through the sacral and coccyx area."

TREATMENT PLAN:

1. Osteopathic treatment of coccyx and 9D
2. Abdominal castor oil packs
3. Abdominal Glyco-Thymoline packs
4. Diet: avoid sweets, use whole grain cereals

COMMENTS: Note seizure disorder with headaches produced by subluxations that caused lacteal duct adhesions which are typical in epilepsy readings. Cayce recommended followup reading in 30 days. This girl was eight years old. A background report stated, "She has had headaches and upset stomachs since Sept. 1941. At first she got them once a month but now she gets them twice a week and just lately every day. One year ago she had 2 spasms while sleeping in the early morning, in March a convulsion which lasted an hour, another convulsion a month ago and one 5 nights ago."

2924-1 MALE 50 2/15/43

ETIOLOGY AND PATHOPHYSIOLOGY: " Much of this disturbance is pathological. But there are also such anxieties, and

fear, as to cause a great deal of psychological reactions.... These, as we find, have to do with very definite conditions existing as a disturbance of the superficial and the deeper circulation; in those areas along the cerebrospinal system where lesions have been produced, through congestion; so that the circulation to organs and to the brain force is deflected, in the reflexes, as to bring soreness, stiffness, upsetting of body-functions, and this great anxiety in the sympathetic system, and the circulation as related to the sensory forces of the body. These, we find, are not as yet organic in their nature; yet **the reflexes are such as to upset organs, as to cause headaches**, as to cause the conditions through the body-forces, - as the brain reflexes, the eyes and head, - to be under great distress at times. To be sure, toxic forces have been caused in the organs, - as in liver and kidneys, especially; with congestions, and the forming of definite muscular reactions, or static conditions in areas where cerebrospinal and sympathetic nerves and blood supply are blocked. These have made some irregularity to the heart's activity, and easily does the body become overacid."

TREATMENT PLAN:

1. Fume bath with witchazel
2. Massage after fume bath with special attention to 9D, brachial plexus and cervicals
3. Colonic irrigation
4. Basic diet

COMMENTS: Note psychological aspect combined with osteopathic lesions that produce vasomotor disturbance. Also note sensory system manifestations.

2011-2 FEMALE 40 2/27/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In some times back the body suffered a condition where temperature was high in the body, especially as related to the functioning of the glandular forces as related to their activity upon the sensory forces of the body. Thus we have a condition where pressures disturb or prevent proper circulation, causing those disturbances in the body-functioning; as indicated by the touches at times of neuritic reactions to elbow, wrist, and even to portions of the shoulder blades. Also these deflections cause an impoverishment in some respects and an abundance in other respects to the scalp circulation. These also affect the feet and the limbs at times, causing them to tire and at times to give disturbance with the respiratory reaction. At times these conditions also with congestion affect the body as related to the Periods, and the glands of the mammary forces, especially in the left side....(Q)

What is cause of my frequent headaches? (A) Disturbed circulation and the pressures in those areas indicated in cerebrospinal system."

TREATMENT PLAN:

1. Osteopathic treatment from 6D to 1C
2. Atomidine after 6th treatment
3. Diet - plenty of citrus to work with Atomidine
4. Senna tea as laxative
5. Scalp treatment for hair loss

COMMENTS: Appears to be a vasomotor (vascular) etiology for chronic headaches. Menstruation was affected but no connection between menstrual periods and headaches was made.

2930-1 MALE ADULT 3/7/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Those tendencies for the headaches, that occasionally occur, are a combination of this lack of proper distribution of used energies and some conditions or disturbances within the mental self. "

TREATMENT PLAN:

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1. Exercise
2. Improve mental attitudes
3. Unspecified therapies to improve coordination of eliminating channels

COMMENTS: This was a mental/spiritual reading so the physical aspects of cause and treatment were not elaborated.

482-11 FEMALE 57 3/8/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These acute disturbances - that cause the nausea, **the headaches, the general tiredness all over - are the result of the conditions which we have indicated in the digestive system.** (Q) Why do I get so depressed a times, and can't think or remember? (A) Because of pressures from the areas indicated, that come from the stirring up of the conditions in the digestive system."

TREATMENT PLAN:

1. Wet cell battery (no solution jar)
2. Osteopathic massage for relaxation
3. Laxatives - alternate mineral and vegetable (senna tea, syrup of figs, citrocarbonates, - as in Sal Hepatica or Eno Salts, or the Crazy Crystals)
4. Plenty of rest and activity

COMMENTS: Headache was symptom of general debilitation resulting from digestive dysfunction.

2936-1 FEMALE 35 3/12/43

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these disturbances are glandular in their nature, and are causing conditions that may become localized in many different forms. But these are the disturbances as we find indicated in the present. From the unbalanced chemical forces through the system, or lack of sufficient iodine in the system, we find that the thyroids particularly are the upsetting disturbances. Hence we have the disturbance in the superficial circulation; blemishes, roughness that occurs on the skin, and on various portions of the body; a character of anemia - which is indicated by a **disturbance in the kidneys that gives expression to that of puffiness below the eyes, and even the effect from same on the sensory forces to produce a minor headache,** a little dizziness at times, and even dimness in the eyes, especially soon after awaking. There is also the condition of the scalp or hair.... Also the Periods become irregular in their eliminations. All of these are the outgrowth, or disturbance through the glandular forces causing portions of the body - or the functioning in the body, especially as related to the superficial circulation - to give disturbance."

TREATMENT PLAN:

1. Atomidine
2. Sweat bath and massage with emphasis on 7D upward
3. Tonicine
4. Diet - avoid carbonated drinks, alcoholic drinks; eat whole grains, liver, gelatin, leafy vegetables
5. Jerusalem artichoke
6. Colonic irrigation
7. Glyco-Thymoline spray for nasal catarrh
8. Head and neck exercise

COMMENTS: Glandular etiology in this case (iodine and thyroid deficiency). The headaches appear to be linked to kidney dysfunction which affected sensory system.

2434-3 FEMALE 65 3/18/43

ETIOLOGY AND PATHOPHYSIOLOGY: "While the drainages in the kidneys have been improved, there is still quite an **involvement in the gall duct area. And there is some irritation. These cause most of that reflex to the back of neck and head.... The headaches we would relieve more with the**

application of the Oil Packs.... (Q) Why the acid when she has been taking alkaline tablets? (A) Those tendencies for the regurgitation produced by the irritation in the gall duct area. The gall duct area is the principle cause, but this has involved the circulation to the kidneys; which involves, of course, sympathetically, the heart's activity, producing cold and congestion, upsetting also the circulation through the lungs. Hence the chilly sensations that come at times. (Q) Does her body create too much hydrochloric acid and cause this acid condition? (A) As we find, it is tending to regurgitate owing to those pressures and impulses from the conditions in the gall duct, rather than the production of too great a quantity, see?"

TREATMENT PLAN:

1. Abdominal castor oil packs
2. Osteopathic manipulations to stimulate gall duct center
3. Watermelon seed tea
4. Alkaline diet

COMMENTS: Liver/gall duct dysfunction with subsequent involvement of the kidneys appear to be the primary etiological factors in this case. The specific instructions for osteopathic massage are interesting: "This will include, of course, the stimulating also of that center in the cervical that reaches directly to the liver as well as kidney area, in its nerve impulse with the emunctory and lymph flow through these areas."

2939-1 FEMALE 51 3/19/43

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that the nerve forces are the greater source of the disturbance, as there have been and are those changes being wrought in the glandular forces, in the eliminations. These have upset, then, the centers that regulate the eliminations through their varied channels. Do not confuse these acute conditions with the basic disturbance, though - as just indicated - all of these are involved; though the primary cause is the lack of coordination in elimination as supplied by the nerve energies from cerebrospinal and sympathetic nerve forces.... These disturbances have reduced the vitality, causing the bursa in arms, in shoulders, and through portions of the torso, to feel at times as if there were needle pricks, or as if the very tendons themselves were causing the burning, drying sensations. **These are from the lack of lymph and the supplying of same. These draw on the blood supply, producing those weaknesses, the dull headaches,** the drowsiness at times and at others the inability of the body to rest properly. All of these, then, are the reflexes from those centers that are involved in the cerebrospinal system itself. We find in the nerve centers, through the lumbar and sacral, and especially at the lower portion of the 9th dorsal, an aching at times; also between shoulders and especially through the right upper portion of the lung, and the arm, in those areas from which impulses are received from cerebro-spinal and sympathetic ganglia, - in the lumbar axis and the end of spine, the brachial center - or at the 2nd and 3rd to the 4th dorsal, and throughout especially the 3rd cervical AND the 1st and 2nd. These are disturbances from which reflexes react to glandular forces of the body, and the nerve forces as related to glandular reactions."

TREATMENT PLAN:

1. Diet - emphasis on liquids (especially citrus) and body building foods
2. Digestive supplements - caroid, bile salts and Alcaroid
3. Rest and keep feet warm (bathed in hot salt water)
4. Osteopathic adjustments
5. Nutritional supplement - One A Day vitamin B-1 complex

COMMENTS: This woman was suffering from acute cold and congestion. Systemic hyperacidity was noted. Dull headaches were linked to deficiencies in the blood supply.

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951-6 FEMALE 28 3/27/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The cause or seat of the headaches, and the painful experience at the Periods, lies in a pelvic disturbance that should be corrected; else we may find the tendency of the womb itself to adhere to the side of the walls of the vagina may produce conditions that will call for operative measures. In the present we find that with the proper adjustments in the lumbar and sacral area, with certain forms of douche, we may correct these disturbances and alleviate those tendencies existent in the body in the present."

TREATMENT PLAN:

1. Osteopathic manipulations
2. Vaginal douche alternating Atomidine and Glyco-Thymoline
3. Watermelon seed tea

COMMENTS: This appears to be a case of menstrual headache. The extensive and specific treatment instructions are worth noting: "We would have the corrections made, osteopathically, in the sacral and lumbar areas, and from the 9th dorsal downward. To be sure, when these corrections are made, coordinate those from the 2nd, 3rd and 4th cervical to the base of brain, with corrections made. But in this particular body, do make the corrections in the sacral, lumbar and 9th dorsal FIRST, or in each treatment give those corrections first, and then those in the head and neck in the latter part of the treatments. In the meantime, do have - at least every other day - the vaginal douche. To be sure, these are not to be taken during or at the periods, but every other day except during that time, see? using only a Fountain Syringe, and the first time use Atomidine, - a teaspoonful to a quart of water, body temperature, stirring well. Retain as much as practical at the time. The next period, use a tablespoonful of Glyco-Thymoline to the quart of body-temperature water. Alternate these. Reverse each time, see? The Atomidine will act as an astringent, and prevent irritation and adherence of tissue, also aid in healing. The Glyco-Thymoline will act as a cleanser and a reducer of acid, thus allowing less irritation from the activities of the disturbance that has been existent with kidneys. The disturbance in kidneys, as indicated, should be corrected with the removal of the pressures in the 9th dorsal; that will clarify the circulation between liver and kidneys, and aid in bettered conditions. When there are the periods, - and when there is the headache, or the cramps from the reaction in the organs of pelvis, use heavy salt, heated, and applied in a pack or pad or bag, at the pubic center. Also, at such periods, take internally at least an ounce of Watermelon Seed tea. This would be prepared by pouring an ounce of boiling water over a teaspoonful of seed crushed or cut or ground very fine, letting this steep until it is palatable or sufficiently cool to drink. This will aid in correcting these conditions. (Q) What is the bladder condition? (A) As indicated, this is irritated from the improper coordination of circulation between liver and kidneys. And it causes the superacidity which produces the irritation and burning in the activity of the bladder itself. This is NOT a bladder condition, but a reflex from those secretions from the liver."

2949-1 FEMALE 54 4/1/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find are rather a complication of disorders, though in the present are rather in their beginnings - or tendencies. There is an unbalancing in the activity of the glandular system, as related to the assimilations. And these are reaching such conditions as to form, in the tendons and sinews, especially of the lower extremities, as well as the hands, a tendency for a drying - or adhering. Thus the tendency for the toes to draw, also for the knuckles of the hands and fingers to enlarge. Though the knees

and hips, and at times through the back and the shoulders, there is the heavy, aching; and the general tendencies for all the activities to become easily tiring to the body, and depressing in the mental attitudes and aptitudes of the body.... those conditions that recur in the body-functionings of the neuritic nature are from disturbances in the colon area.... (Q) How may frequent headaches and faulty elimination be corrected? (A) These will be a part of the elimination. The headaches, as the more often indicated, are the warning sign of disturbances. **These headaches, as we find, come more often from the stomach, AND the incoordination of general eliminations.** And these as we find will soon disappear if these treatments and properties are taken; **though in the first series there may occur two or three periods of rather severe headaches.** The Aspirin tablets with Soda-Mint are preferable as a sedative - or preferable to other sedatives."

TREATMENT PLAN:

1. Atomidine
2. Epsom salts bath
3. Peanut oil massage following bath
4. Mild sweat with witchhazel followed by rubdown
5. Colonic irrigation
6. Basic diet
7. Laxative (Eno salts)

COMMENTS: Note glandular etiology in this case involving arthritis. Digestive system dysfunction affecting eliminations was cited as direct cause of headaches.

1842-2 MALE 35 4/7/43

ETIOLOGY AND PATHOPHYSIOLOGY: "For these, we find, have to do with the nervous system; involving the sympathetic nervous system, the central or cerebrospinal system, and those specific reactions to portions that relate to the sensory system. These as we find in their very nature produce reactions that at times react upon the organs of assimilation, the organs of distribution. And these as combined with **this reflex pressure upon that specific center that controls the fifth nerve to the face and head, are those to be warned respecting, particularly.** Again we have those reflexes that are produced, naturally, in the nerve forces themselves. The sources, we find, arise from a condition that has long existed in the 3rd, 5th and 6th dorsal, where there is a form of subluxation. Not a curvature, not a circular lesion, but more of a lateral lesion in part and circular in part; where a strain or an injury (long past) has caused this gradual deflection. At those areas, then, - combined with the reflexes of the sympathetic system, from the 5th and 3rd dorsal, the cervicals - especially in the 3rd and 4th, - there is a pressure to the trunk nerves that go to the side of the face, the eyes. And these have caused a great deal of irritation at times to these areas. Not so much to the optic nerve itself as to the areas about the eyes, and the eye socket itself; producing irritations to the lids at times, causing at times the excess activity to the lachrymal ducts. And with this condition in the blood supply, it causes at time the tendency towards crustations that irritate the eye itself. The vision is not impaired so much as the weakness caused to the general conditions. These are reflexes, and the more dangerous of these is to this fifth nerve center. Those pressures in the lower portion of the 5th dorsal also find a reflex to the spleen and to the flow as related to the activity fo the spleen with the balance kept in blood supply. These are the reflexes, as we find, that are not receiving proper stimuli for their keeping a normal balance for the body..... **In the attempt of the body to create sufficient of the leucocytes through the emunctory forces and the blood supply, the system is strained or drained at times as to the quantity of red blood cells. Thus we have experiences when**

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an excitement, an activity, the expectancy of same, brings on a form of nervous headache. This is more perceptible in back of neck and at the temple. The effect produced in the body is an increase in the spleen's activity, and there is at times a "gone" or "long" feeling across the abdomen, or the spleen and whole of that area; not fear, not excitement, but rather a reflex condition that comes in the nerve forces of the body and the destruction of red blood cells not being carried from the spleen itself.... (Q) What is the cause of the recurrent dull ache in my jaw, and what remedy is suggested? (A) As indicated, this is a portion of the reflex from that pressure upon the ganglion governing the fifth nerve; and this is the most dangerous portion of the disturbance, see? This requires the better and the more specific use of the mechanical (osteopathic) adjustments."

TREATMENT PLAN:

1. Osteopathic adjustments from 9D to base of brain
2. Hot and cold shower at bedtime
3. Violet ray treatment immediately after shower
4. Basic diet
5. Moderate exercise (tennis)

COMMENTS: This reading contains complex descriptions of nerve reflexes involving various organs including the spleen. Special reference is repeatedly made regarding the fifth nerve (trigeminal) which is known to be involved in migraine, cluster headache and trigeminal neuralgia. The nervous headaches are triggered by excitement, an activity, or the expectancy of same. Note systemic manifestations of nerve reflexes. The headache pain is located at the back of neck and at the temple which does not correspond to typical patterns of trigeminal pain.

2771-2 FEMALE 33 4/10/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Owing to the disturbance in the eliminations, the excess acidity, the disturbances in the liver AND the acidity cause the nervous strain through the digestive system that finds expression at times in the salivary glands in the mouth, - soreness, or the irritation on the inside of the mouth and the gums; as well as the pains through eyes, tiredness. Overactivity accentuates these disturbances and causes greater stress or pressures upon the nerve centers. There ARE areas along the spine that need relaxing, as well as correcting. For, the strain that has been produced by the jerking or falling of the body has caused pressures in other areas, - the correction of which would aid in adjusting these conditions. It is at the hypogastric center in the upper dorsals that there is needed the greater attention or correction osteopathically, while those centers in the lumbar and sacral area need coordinating with the adjustments that will be made there; as well as in the area of the upper dorsals - that is, the 2nd to the 1st, and throughout the cervicals. **The headaches are more from this hypogastric acidity than from other causes.** The removal of the pressures in the cerebrospinal system will aid in eliminating these disturbances.... (Q) What causes pains in left side of face? (A) These are pressures from the hypogastric center."

TREATMENT PLAN:

1. Glyco-Thymoline in water taken orally
2. Osteopathic treatment
3. Topical ointment for hemorrhoids

COMMENTS: The systemic hyperacidity was also cited as producing insomnia and fatigue. Emotional instability was linked to nerve pressures which would improve with osteopathic treatment.

2965-1 MALE 38 4/15/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In times back, we find, there was a great deal of disturbance in the eliminations.

And to some extent, until this began to give trouble, the body was inclined to be neglectful in this respect. Hence there has been produced, in the **ascending colon, a plethoric condition that is the source of most of the disturbance.** This has produced those lacks of proper assimilation, so that most foods at one time or another disagree with the body, and they form a great deal of gas - after most every meal. Of course, this hinders the proper elimination, and it comes and goes - because, of course, when there is the flushing of the system it eases the condition for a little while. Yet there are the inability to gain strength as the body should, or to resist the long hours; the body becomes overnervous, irritable, and lacking in the abilities to carry on. Nausea exists at times; **dull, sick headaches,** pains especially through the shoulders and upper part of the body, as well as at times a heaviness through the lower portion of abdomen.... A heaviness around the heart at times is experienced, oft a bad taste in the mouth, at times offensive in the breath. **The toxic condition** as produced is also gradually undermining the abilities of the gastric flows in the stomach to produce proper digestion, as well as producing a taxation to the liver and to other portions of the body."

TREATMENT PLAN:

1. Colonic irrigation
2. Relaxing massage at bedtime
3. Diet - avoid heavy foods
4. Laxatives (Sal Hepatica or Bromo-Seltzer)

COMMENTS: Systemic toxicity produced by plethoric colon was cited as primary etiological factor producing dull, sick headaches.

2575-2 MALE 19 4/19/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... little has been done to alleviate those pressures which exist in the upper dorsal and through the cervical area, - from which the conditions in the chemical forces of the body cause the disturbance in the headaches and with the eyes.... (Q) Would an X-Ray show the injury in my spine ... which the Reading indicated is the source of my trouble? (A) If one may read the X-Ray correctly, it will show a pressure - where it has been indicated. There is a pressure produced by the increased quantity of the cartilaginous forces, producing a form of lesion in the area indicated."

TREATMENT PLAN:

1. Osteopathic adjustment

COMMENTS: A followup question regarding sinus condition provides insight into vasomotor (vascular) effects of nerve reflexes from the upper dorsal and cervical areas of the spine: "(Q) Does sinus condition have anything to do with eyes becoming bloodshot? (A) This, of course, is a contributory cause, but we find that the sinus condition is as much a disturbance from the spinal pressure as is the reflex in the eye disturbance. For, where both circulations are slowed through the impulse received from the ganglia in the upper dorsals and through the cervicals, these are paralleled in their reflexes." A report with this file stated: "Have had severe headaches back of eyes for two or three years, can't study."

2976-1 MALE 50 4/20/43

ETIOLOGY AND PATHOPHYSIOLOGY: "To be sure, there are pathological disturbances here. There are also psychological reactions. When there were the greater distresses, much of that which arose at the time was of a psychological nature - or the result of fear. Not merely, in this instance, fear of the results of the physical effects in the body, but the fear of the results of such a change for self, as well as the physical fear of those in many

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ways associated with the entity's activities.... Through a general strain that has been produced, and the result of stresses produced in the physical appetite, and the manner in which and of which there is the supplying to the body of physical needs, - as a result of this fear, - a plethoric condition is produced in the colon of the body. This first set up a form of anemia.... (Q) **What causes the headache, tiredness and backache?** (A) **All of these effects are the result of these conditions in the body as described."**

TREATMENT PLAN:

1. Colonic irrigation
2. Swedish massage
3. Prayer and meditation
4. Basic diet with plenty of almonds
5. Moderate exercise (e.g. walking)

COMMENTS: Note the psychosomatic effects of fear and anxiety in producing a plethoric condition in the colon and systemic toxicity.

2985-1 FEMALE 45 4/29/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These, we find, have to do with the glandular system, and the effect that is being produced upon the organs of the body.... Owing to the posture of the body, oft, and some disturbances which arose at the time of conception - or birth, rather, - there are those subluxations that, with the posture, or remaining long on the feet, or walking an unusual length of time, produce a pressure that deflects from the sacral and lumbar areas to the glandular forces above the kidneys, AND to the activity of the liver itself. And these reflexly find a reflection in the organs of the pelvis.... Thus: In the blood supply there is produced a tendency for non-eliminations through certain channels, as should be coordinated with the respiratory and perspiratory system, and the alimentary canal. Also these produce pressures that give some deflection to the eyes at times, that cause not an uneasiness or pain but rather a heaviness, and a tendency for a film over same at times. The reflexes to the organs in the pelvic area, and to the locomotories, tend to produce a slowing of the circulation from the extremities. The limbs become tired, aching, especially from knees down; heaviness through the thigh and the like. **A bit of nausea, headache, may be the result at times.** Without the correction of these, and with an unbalancing of the chemical forces, we may have a tendency towards arthritis or neuritis, and a great deal of disturbance through the periods of the change in the activities of the glandular forces.

TREATMENT PLAN:

1. Osteopathic adjustments
2. Tonicine

COMMENTS: Given the glandular basis for this systemic disorder, the Tonicine was recommended "...especially just before the time for the periods. This will not only stimulate better activity in relationships to coordinating the cerebrospinal and sympathetic systems, but add a glandular stimuli to the thyroid, to the glands in the assimilating areas, and those above or at the area of the kidneys." In addition to the occasional headaches, dizziness was also present. Here is the explanation of how dizziness and headaches could be linked to the common pathophysiology: "(Q) What causes the spells of dizziness? (A) As just indicated, the disturbance of the circulation between liver and kidneys and heart, and the upsetting of the glandular forces - the clogging by pressures upon the body centers from which impulses between the sympathetic and cerebrospinal systems should react in the body."

2998-1 MALE 36 5/11/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In times back there were those subluxations which caused, at the time of puberty, a deflection of the activities of the glands in the thyroid, the gonad, the adrenals. These were of such natures as not to hinder development wholly, but retarding the activities caused the incoordinations between the superficial and sympathetic AND the cerebrospinal or central nervous system. These caused, then, as a reflex condition, lack of proper coordination in the eliminating systems of the body.... **The headaches, as of an upset stomach, and yet a dull ache at times and at others rather as an acute condition.**.... As we find, the subluxation still shows as an inclination - or an area in the 6th to the 8th dorsal - where there is a form of a lesion; as well as in the 2nd lumbar, as a heaviness through the sacral center, or sacral axis; but a lesion at the 2nd lumbar. These have not caused other than an irritating disturbance; never wholly quite well and yet if there are periods when the body is exercised as to expectancy of something very pleasing, the more often the body responds wonderfully - and the body feels better. Yet there are periods when, after the expectancy has caused the body to feel capable of and equal to even some emergencies, the body finds there is **a reaction from a headache - as through the temples** - and then a dullness through the shoulder blades, - and the body does not feel equal to any condition, for a few days."

TREATMENT PLAN:

1. Light steam bath
2. Osteopathic manipulation following steam (treat lumbar, sacral, central dorsal and cervicals to produce coordination)
3. Massage immediately after osteopathic treatment
4. Colonic irrigation
5. Nutritional supplement: Wheat germ oil
6. Exercise in the open
7. Alkaline diet

COMMENTS: This reading contains explicit instruction for cycles of treatment, alternating modalities for optimal therapeutic effects.

845-10 FEMALE 44 5/12/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes the headaches at or near the Periods, and what can be done to prevent or relieve them when they occur?** (A) These are the same effects of the conditions indicated, and we have given the things that are to relieve same."

TREATMENT PLAN:

1. Tonicine taken a few days before menstrual period
2. Rest and relaxation before menstrual periods
3. Diet - plenty of foods supplying A and D vitamins
4. Mild sweat bath
5. Deep massage (special attention to 9D downward) following sweat
6. Glyco-Thymoline taken orally for 3 or 4 days following menstrual period
7. Hot salt packs over pubic center for heavy pains at menstrual periods.

COMMENTS: This is a series of readings for a woman suffering from menstrual headaches.

2376-5 FEMALE 26 5/14/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What is cause and relief for severe headaches?** (A) **The taxation to the stomach centers.** Thus the applications given for better eliminations. If it is necessary, because of taking several doses of the Milk of Bismuth, take an enema - rather than too much of any cathartic, see?"

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TREATMENT PLAN:

1. Osteopathic treatment (relaxing rather than stimulating)
2. Glyco-Thymoline taken orally
3. Milk of Bismuth and lactated pepsin
4. Mutton tallow/turpentine/camphor pack for lower back pain

COMMENTS: The nature of the osteopathic treatments are extremely important in this reading. Apparently the stomach upset was aggravated by the wrong type of treatment. "As we find, the greater disturbances that exist with the body in the present are the OVERSTIMULATIONS by the adjustments made. These should be of the RELAXING nature, we find, and NOT of the stimulating nature. The activities of stimulation for the circulation of both the central or deeper circulation and the superficial, as indicated for this body before, - the activities from the ganglia along the cerebrospinal system as related to the activities of elimination, - become as it were rasping upon the centers through the digesting or assimilating center of the oils and fats for the body. Thus beginning at an area just about the lower portion of the liver and extending to the shoulder on the right side, and through the breast in the upper portion of the right side, we have the aching, burning sensations. These are from this stimulation that has been given too much to the area of the 8th and 9th dorsal, as well as to the 3rd and 5th cervical centers. If these are RELAXED they will be better, and we will find responses better.... (Q) If osteopathic treatments should be continued, how often? (A) About twice a week, but DO NOT TAKE STIMULATING TREATMENTS!"

415-11 MALE 13 5/25/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What causes, and what should be done for the relief of headaches, tiredness all over the body, aching of legs and arms, nervousness and state of confusion? (A) This is the natural result of those changes in the glandular forces that are taking place in the body."

TREATMENT PLAN:

1. Rest
2. Wet cell battery used as radial appliance
3. Gentle osteopathic treatment (relaxing not stimulating)
4. Loving attitudes by those about the body

COMMENTS: This teenage boy was experiencing stress associated with separated parents and "commandos practice" at school.

3024-1 FEMALE 56 5/26/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates that there is incoordination between the eliminating and assimilating systems; and thus a very poor coordination in the eliminating channels of the body. Thus the upsetting of these is primarily from the irritation existing between centers where sympathetic and cerebrospinal systems are supposed to coordinate more closely. And this reaction produces the glandular disturbance, rather than the glandular condition being the source. For, as may be indicated, there are small "burrs" in the certain centers, in portions of the ganglia of the nerve plexus that should coordinate; and examination would show these to be quite sensitive. Thus these reactions are produced in the body: Quite often there is the upsetting after a meal; one time it may be as **some feeling of a bloating, at another a great deal of gas in the lower portion of the abdomen, and usually the sick headache results from same.** There may be at other periods no apparent reaction in the alimentary canal, save a **fullness in the very low portion of the abdomen; but severe headaches that are changeable. They may be in the base of the brain or in the temple.**"

TREATMENT PLAN:

1. Colonic irrigation
2. Fume bath with witchhazel followed by hot and cold needle shower
3. Rubdown after fume bath with peanut oil and olive oil mixture
4. Violet ray along spine followed by rotary massage along spine
5. Weekly douche alternating Glyco-Thymoline and Atomidine
6. Diet - plenty of fruit juices, fruits and nuts; little meat, plenty of seafoods
7. Exercise in the open
8. Correct mental attitude - be good for something, be a blessing to someone

COMMENTS: Sick headaches were associated with poor digestion, while severe headaches were associated with fullness in the "very low portion of the abdomen" (colon or reproductive tract?). Regular douches were recommended suggesting possible pelvic problems that may have been involved in the headaches, although no specific linkage was cited. The background report indicated that she had sick headaches for most of her life.

3025-1 FEMALE 45 5/27/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is a complication of disturbances causing distresses with the body. These arise from the effects produced in the circulatory system following the flu. These have upset the glandular force, and thus the chemical reactions in the body; or there is the lack of elements that should cause the activities in the thyroid, as well as the lacteals - and their abilities in assimilating, through absorption, those properties for replenishing the energies especially in locomotory centers. Thus the disturbances through alimentary canal, the easily becoming tired, the weakness in knees and limbs, and especially along those areas in the lumbar and locomotary axis. Thus the sides of the limbs, along the upper sciatics, give a great deal of distress at times. **The dull headaches, inability for the desire of activity. Thus we involve the circulation between the sympathetic and cerebrospinal systems.**"

TREATMENT PLAN:

1. Calcios
2. Acigest
3. Fume bath with Atomidine
4. Massage after fume bath with peanut oil and oil of pine needles mixture
5. Diet - seafoods with cooked vegetables
6. Change attitude to helpfulness to others and purposeful living

COMMENTS: The after-effects of flu were mentioned as etiological factors in many readings. In this case, upsets to the glandular and digestive system affecting circulatory and nervous system functioning were described. A background report stated, "Headaches almost daily that start in the back of the neck at the top of the spine."

3039-1 MALE 55 6/1/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood supply there is indicated a lack of the proper balance in the lacteal fluids and the acids of the body. And this causes fermentation, - which has set up through the alimentary canal a great deal of disturbance. We find that the liver, heart, kidneys and lungs all become drawn upon, as it were, for vital forces - because of this unbalancing. This irritation, then, produces the unbalanced condition in the superficial and the deeper circulation, so that irritations occur in varied portions of the body at times.... To be sure, those conditions with the gums, **with the**

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type of the headache, all are a part of the general disturbance.

TREATMENT PLAN:

1. Atomidine
2. Acigest
3. Colonic irrigation
4. Steam and massage
5. Diet - fresh fruits and vegetables each day, whole grains
6. Ipsab for gums
7. Hemorrhoid exercise and ointment
8. Mullein stupes for varicose veins

COMMENTS: The "type of headache" was not given other than it was part of a general disturbance. Note hemorrhoids and varicose veins indicative of systemic hyperacidity, poor eliminations and unbalanced circulation.

2823-2 FEMALE 33 6/5/43

ETIOLOGY AND PATHOPHYSIOLOGY: "First, in the blood supply there are those conditions existent in which there is produced incoordination in the channels of elimination. Thus there are irritations in the superficial circulation, and poisons eliminated there, that should be eliminated through other channels. These began with those conditions which existed through the periods of gestation.... The changes that bring about these irritations are from conditions which have existed, and these vary according to certain chemical changes that are wrought in the system - the perforations, or tendencies for the circulation through the jejunum to absorb from the body those impurities which, carried in the lymph and the emunctory circulation, produce those irritations which occur in portions of the circulation. Thus we find the tendencies for the involvement, naturally, in the nerve forces also of the system.... (Q) **What causes the frequent severe headaches, and how can this cause be removed?** (A) **These arise primarily from the disturbance through the alimentary canal; and as the purifying of the system is aided, and the general physical health improved, these should disappear."**

TREATMENT PLAN:

1. Herbal tonic containing yellow dock root, burdock root, buchu leaves, chincho bark, quinine, podophyllin, elder flower, grain alcohol, tolu of balsam
2. Topical application of carbolated vaseline for skin blemishes
3. Mullein tea
4. Saffron tea
5. Senna tea
6. Violet ray
7. Basic diet
8. Exercise (general - swimming); head and neck exercise for eyes, hemorrhoid exercise
9. Meditation to attune to Creative Forces

COMMENTS: Note leaky gut syndrome producing skin blemishes and systemic toxicity.

3046-1 FEMALE 43 6/10/43

ETIOLOGY AND PATHOPHYSIOLOGY: "There has long been a subluxation that exists in the upper dorsal and cervical areas. This has produced a form of activity through the lungs as to produce an asthmatic condition. The attempts and the administrations which have been made have tended to disturb the circulation in the manner indicated, and have brought on complications; that is, as of the disturbance in the sinus, soft tissue of face, which is a part of the condition.... Hence we may aid, though we may not cure conditions here.... (Q) **What should be done for the sinus headaches?** (A) **These should be materially aided by the massages, as the conditions are aided**

in the circulation, and the activity of the Atomidine upon the whole of the circulation should be an aid.

TREATMENT PLAN:

1. Atomidine
2. Osteopathic adjustments (2D, 3D, 2C, 3C - relaxing treatments)
3. Massage limbs with pine needle oil and nujol mixture
4. Basic diet with good deal of seafood and fowl

COMMENTS: Note comorbidity of asthma and sinus condition which was apparently produced by treatments for asthma (iatrogenic).

3043-1 FEMALE 48 6/10/43

ETIOLOGY AND PATHOPHYSIOLOGY: "From the effects of a deep cold, combined with some intestinal disorder, there has been produced inflammation that has upset the coordination between the lymph circulation and the central circulation, also the nerve impulses. So, we find a great deal of trouble through the intestinal tract; forming gas in the lower portion of the duodenum after almost each meal, a great deal of discomfort, and the reflexing of these to the circulation between the heart, liver and lungs. At other periods through the lower portion of the abdomen, and through the liver area, there are tendencies for contractions. (Q) **What causes the migraine headaches?** (A) **This is from the stomach."**

TREATMENT PLAN:

1. Tonic - ginseng, wild ginger, lactated pepsin
2. Weekly fume bath with witchhazel
3. Follow fume bath with ultra-violet treatment with green glass
4. Massage with peanut oil after light treatment
5. Colonic irrigation
6. Castor oil packs for acute abdominal pain
7. Basic diet - no carbonated waters

COMMENTS: Apparent migraine produced by gastro-intestinal disturbance. The tonic is typical for after-effects of intestinal flu although the reading mentioned "deep cold" as a contributing cause.

3047-1 MALE 36 6/11/43

ETIOLOGY AND PATHOPHYSIOLOGY: "For these are disturbances in the central circulation; that is, that deeper circulation as related specifically to lungs, heart, liver and kidneys. And these show irregularity, which is indicated by that irregular condition in the pressure, a condition that at times - though as yet this occurs only under stress - causes the skipping in the heart beat; upsetting in the digestion, and the lack of those abilities or tendencies towards lack of breathing deep enough. Thus at times the lungs in part are left with the lack of proper oxidization of the whole of the blood stream; tiredness occurs at times; heaviness across the small of the back, just below the kidneys at times; the lack of proper assimilation of foods, and the lack of the proper combinations in the lactic acids, or the combination of alkalines and acids. The lacteal circulation, then, is inadequate for the proper assimilation of foods. Thus at times there is a good deal of belching, at others some uncomfortableness across the area of the diaphragm, and a heaviness at times in the lower portion of the alimentary canal. **The headaches that ensue from these are of the dull character; the eyes burn at times; also there is the bad taste in the mouth."**

TREATMENT PLAN:

1. Acigest
2. Calcios

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3. Osteopathic treatments (upper dorsal through cervicals and 4th lumbar through sacral - relaxing rather than stimulating treatments)

4. Basic diet - no carbonated drinks; eggs eaten almost daily; apple brandy at meals as medicine

COMMENTS: Dull headache, burning eyes and bad taste in mouth indicative of systemic toxicity from alimentary canal which apparently begins with poor digestion in stomach (hence Acigest and Calcios). The background report stated: "... suffered from apparent migraine headaches since 1927, often continuously for a number of days at a time. Doctors have diagnosed as to a number of different things to no avail. It is aggravated by sleeping on my right side."

3048-1 MALE 50 6/12/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates those conditions where the upsetting of the digestion causes acidity, the old disturbance in the pyloric portion of the stomach is still - under certain taxations, and especially if any carbonated waters or things of that nature are taken - very aggravating. For, anything that has to do with hops or spiritus or malt liquors is upsetting to the body balance. These aggravate the conditions where in the gall duct area we have sediments.

Rather than gallstones there are sediments in the duct itself, and the lack of activity through this gives those tendencies for the sick headaches, not resting well of nights, and the restlessness; with some anxiety to the superficial circulation in the form of disturbing rash. ... These also are the activities as far as the nerves are concerned, with this unbalancing of the digestive force, the lack of proper assimilation; causing the souring of certain foods. This causes the body to give way, more and more, to those things that pertain to regular activity of diet. And this upsets the areas in the jejunum, as well as through the digestive tract, especially in the pylorus. The inflammation of the diaphragm area is still existent to some extent. All of these contribute to the general disturbance of this body. While there are not gallstones, there is sediment - and the effects that would commonly arise in the first stages of such disturbance."

TREATMENT PLAN:

1. Fume bath with witchhazel one time, Atomidine the next every 2nd or 3rd day
2. Massage after fume bath
3. Colonic irrigation
4. Drain gall duct osteopathically
5. Diet - foods that are not too rich, seafoods that provide iodine, avoid carbonated drinks
6. Moderate exercise

COMMENTS: Osteopathic drainage of gall duct only after fume baths, massages and colonic irrigation to open up channels of elimination. The sick headaches linked to sediment in gall duct.

3052-1 FEMALE 54 6/21/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates the effect of toxic conditions that exist through the body, especially as related to the lymph and emunctory circulation. This, then - involving the disturbance that arises by that effect produced in the eliminations, and the reactions - brings about in many portions of body the disorders, with eliminations physically and the activity of organs through the sensory system itself. These, as we find, are the effects of former disturbances in a material experience [karma]. The nerve forces indicate how these pressures are especially indicated in the roaring in the head, the disturbance with the vision, the effect upon the eliminations and assimilations in the body.... We find the effect upon heart, liver, kidneys, and lungs, and the lack of proper flow of

circulation through the organs, through the areas that even control the activity. Thus we find not as a source, but as a contributory condition, a subluxation through the areas of the 1st, 2nd and 3rd dorsal, those pressures in the 1st cervical. (Q) **Long standing trouble in intestinal tract, causing very painful gas?** (A) **As indicated, this is a part of the general condition, and - with the coordinant activity of rebellion - is tied up also with the causing of the headaches.** (Q) Are the causes physical, psychological or spiritual? (A) These are tendencies from the psychological. The effects are very material, or body-mind forces - in the present.

TREATMENT PLAN:

1. Osteopathic treatment
2. Massage
3. Colonic irrigation

COMMENTS: Note karmic (past life) influence that now translates into psychological reactions ("rebellion") that together with intestinal dysfunction produces headache. Interestingly, the treatment plan focused primarily on "physical" treatments.

3054-1 FEMALE 49 6/22/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the basic disturbance is the alimentary canal.... In the lymph circulation, through alimentary canal, there has come accumulations in the pockets along portions of the jejunum. And this has at times produced a tendency for regurgitation, so that there is that full, uncomfortable feeling; with the formations of gas through the intestinal tract, as well as in the duodenum and the organs of assimilation. These arose first by inflammation from cold, or sometime ago intestinal flu; and then something of a disturbance in the pancreas as related to the circulation of lymph through the area - because of the activities of these upon food particles. This was the beginning of the condition. This, combined with a subluxation that exists in the 5th and 6th dorsal, tends to produce a slowing of impulse through the area. These have affected the deeper or central circulation, and these find reactions in a sympathetic system upon the activity of kidneys, and the slowing of the heart at times in its reaction. **These cause more anxiety, and a nervous headache may ensue.**

TREATMENT PLAN:

1. Glyco-Thymoline in water taken orally
2. Glyco-Thymoline packs over liver and abdomen
3. Colonic irrigation
4. Osteopathic adjustments
5. Diet - light diet, mostly liquids

COMMENTS: The nervous headache may have been psychogenic due to lymph pockets and inflammation in abdomen. Surgery was considered but the readings stated that it would not be necessary if the treatment plan is followed. The osteopathic treatments were to "relax the lymph centers, in chest, and especially in the areas along either side of the diaphragm area - this especially in the liver and in the spleen; these from the external, these lymph centers ..."

3060-1 MALE 48 6/22/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The body is restless when it attempts to sleep, oftentimes arising not feeling refreshed, but with a pressure throughout the lung area, and throat, **a dull headache;** with the extremities, arms and hands, oftentimes giving some trouble, even in the sleep. We find that these are a part of the **effect of pressures from poisons in the system, the pressures being upon the nerve centers** controlling these areas; and partially the effect of **toxic forces through the system,** with the lack of the vital energies to renew the activity of

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the glands in the organs themselves for proper reproduction of the vital forces necessary for their resuscitation or revivification.

TREATMENT PLAN:

1. Laxatives (syrup of figs with syrup of senna; after three days take Sal Hepatica)
2. Violet ray treatment
3. Diet - leafy vegetables, little meat
4. Dietary supplement -VIMS vitamin supplement

COMMENTS: Dull headache produced by systemic toxicity.

3027-1 FEMALE 34 6/27/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, from some injury heretofore, there has been an **unbalancing of the pelvis bone**, and this leaves a variation in the length of the limbs. And this pressure upon the lumbar axis and the cervical, as related to that activity in the coccyx forces (that is, the 3rd cervical), brings about the pains, the uncomfortable condition that is experienced in a portion of the limb itself, as well as **the headaches, the cramps experienced at the Periods**, and the general reactions through the body."

TREATMENT PLAN:

1. Glyco-Thymoline packs on upper left side of hip for 6 days prior to osteopathy
2. Osteopathic adjustments with attention to pelvis, lumbar coordinating with 3C and 4C to base of brain
3. Setting up exercises
4. Warm salt packs for menstrual cramps
5. Nutrition - plenty of vitamin A and D; Calcios; plenty of seafoods

COMMENTS: Injury to the pelvis produced pressure on lower spine which reflexed to upper spine producing headaches and other discomforts.

3062-1 MALE 40 6/28/43

ETIOLOGY AND PATHOPHYSIOLOGY: "First, in the blood supply there is indicated that oftentimes there has been quite an unbalancing in the chemical forces of the body. These have to do with the iodines, potash, soda and salts in their varied combinations in their activity through the system. And this has tended to leave lesions, or pressures, in varied portions of the body; more specifically along the area of the cerebrospinal system; or rather the drosses that have produced tendencies for a form of lesion, that - with the pressures made upon the cartilaginous centers where there are those combinations of impulses in nerve and blood supply to organs, and to portions of the locomotories - gives rather an acute disturbance. In the main this leaves the body rather depleted, - when taxed, either physically or mentally. Hence the tiredness, **the constant - not a deep headache, but a hurting through the eyes, head, heaviness in the head**, the limbs feel as if leadened or weighted at times. And sluggishness occurs in the eliminations. Even at times there is the quickening in the circulation between the heart and the liver and the lungs.... have so oft been unbalanced that the chemical reactions are not in proper accord, because of the lack of the activity of the thyroid glands, which are not impelled the more through all forms of activity of iodine in the system, which has been deficient. This has left too much of the properties of potash to become as crystallizations; not as rocks, but forming in the lymph and emunctory circulation in the spinal centers or cords - not within the cord itself, but in the cartilaginous cushions - lesions; because of the lack of elimination of these salts. These produce pressures upon the nerve system. The nerve system in response lacks in its ability to carry energies to the organs themselves."

TREATMENT PLAN:

1. Upjohn's Citrocarbonate
2. Atomidine
3. Fume bath with witchazel
4. Massage after fume bath with olive oil peanut oil
5. Colonic irrigation
6. Diet - fruits and vegetables; chicken bones; no red meat

COMMENTS: The glandular dysfunction (thyroid) described affects the iodine/potassium balance that is discussed in many readings. It is interesting that that a chemical imbalance produces somatic dysfunction (spinal lesions) which cause problems with assimilation and elimination. The systemic toxicity and general depletion results in headaches with other distressing symptoms. This reading contains various interesting insights into the mental and spiritual aspects of healing. The follow excerpt exemplifies Cayce's views on astrology: "(Q) Any advice in dealing with the breakdown astrology predicts? (A) If you don't change, of course you would have the breakdown. But, as in all astrological aspects, these are TENDENCIES. Use your mind - it is the builder! and you will keep away from it!"

3082-1 MALE 25 7/3/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In some time back there was an injury to the side of this body, in the right side below the liver, where a lesion has formed in the lacteal ducts - through a portion of duodenum and through the alimentary canal. The lesions affect, especially, the emunctory and lymph centers that control these in the area just at the lower edge of breast bone. When these reactions come - which are gradually builded as bursa, and then as a flow through the congested area - a contraction is caused to the center at the base of the brain, where the lymph and the sympathetic and cerebrospinal center activities enter the brain. Thus we have loss of memory, as a reaction, and then a contraction of the muscular forces about the head and through the upper portion of body. First a tremor is caused through the body. At the time a very cold spot may be found at the lacteal duct - the main lacteal duct center. Also there may be found then a cold spot at the hypogastric center. Thus the contractions are caused, as there is the flow of this lymph through the congested area - or the creation of the bursa and the attempt to eliminate same through the system.... (Q) **What causes severe headaches and stomach ailment which follow and precede these attacks? (A) As indicated, it is the filling of those bursa, and then the pressures on the nerve system at such times.**"

TREATMENT PLAN:

1. Heat on abdomen followed by massage
2. Neuropathic treatment along spine for relaxation and removal of lesions

COMMENTS: This reading describes the typical pattern for epilepsy including lacteal duct adhesions that reflex to the brain producing seizures. The headache is part of the reflex pattern. This would probably fall under the category of abdominal epilepsy.

3072-1 FEMALE 34 7/5/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nerve forces of the body do we find the cause or seat of the trouble, though the conditions are an **adherence in the uterus of portions of the organs of the pelvis - or the womb itself to the side of the uterus. This at certain times, or at the Periods, causes a plethora.** Thus we find those hindrances to the proper flow, or circulation. And this gives heaviness in the feet, **headaches**, pains across the pelvis, and the condition which exists - as indicated - in the heart, liver and lungs, as to the quickening of the pulsation. These naturally, with this indication,

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find in the ganglia along the cerebrospinal system a parallel condition, especially in the 3rd and 4th lumbar and through the sacral area, in the segments there, - as well as a mild - or a circular lesion in the 3rd and 4th cervical area."

TREATMENT PLAN:

1. Osteopathic treatment (lumbar, sacral, upper dorsal and cervical)
2. Douches (every other day alternate Glyco-Thymoline and Atomidine)
3. Basic diet

COMMENTS: This appears to be a case of menstrual migraine combined with other symptoms of menstrual distress. The pelvic lesions are associated with lesions in the lumbar and sacral area of the spine which produce reflex lesions in the cervical area, probably the immediate source of the headaches.

667-15 FEMALE 28 7/8/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Did I receive too much sun at one time, and did this cause headaches? (A) This partially, but the great trouble of the headaches is from the kidney and the abdominal disturbance, from infectious forces through lung area.

TREATMENT PLAN:

1. Apple brandy fumes (for lung condition)
2. Calcios
3. Massage
4. Diet - body building foods

COMMENTS: This may be a case of pulmonary tuberculosis based on the recommendation for apply brandy fumes. The headache was traced to kidney and abdominal dysfunction.

3092-1 FEMALE 34 7/11/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find have to do with a disturbance in the gall duct area. These are not gallstones, but an inflammation in the duct area. Thus the resultant conditions as we have with this body. We find that primarily these are produced by a slowing of the circulation from the area in the 4th and 5th dorsal, and the effect upon the general circulation of lymph and nerve energy, and the superficial reactions in this area of the body. **The headaches, the poisons in the system, the conditions that arise in the limbs and the general aching throughout the body, are from these same disturbances.** The toxic forces give to the pulsation at times a quickening, at others the tendencies for some little inflammation, - as of a little temperature in the body, the burning of the eyes, the bad taste that is experienced at times in the mouth."

TREATMENT PLAN:

1. Osteopathic treatment (relaxing along whole spine rather than stimulating)
2. Hot water packs over liver and caecum prior to osteopathic treatments
3. Laxative (Caldwell's Syrup of Pepsin, California Syrup of Figs, Eno Salts)
4. Colonic irrigation
5. Basic diet

COMMENTS: Note gallbladder etiology produced by lesion at 4D and 5D resulting in systemic toxicity. The background report for this file stated: "I am a woman of 34 years and have been suffering with headaches for the past eleven or twelve years, there seems to be pain in my head some place, all the time and now it seems to be affecting my ears. Every day and a half to two days, I get an awful feeling in my ears and naturally it makes me feel just miserable won't you please try and help me?"

3130-1 FEMALE 52 7/12/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find while there are disturbing conditions these are not as yet organic in their nature. Functional disturbances naturally arise from what might be very commonly called the "batteries" of the body having run down; that is, the nerve energies of the body, the ability to store energy, and the muscular force and the tendons of the body has given way, by the over-activity and the lack of vital energies in that assimilated by the system. Hence, as we find there are lesions formed along almost every center where the cerebrospinal and sympathetic are - in the main centers - joined. To be sure, plexus at each segment, but those especially in the third cervical, first, second, and third dorsal, ninth dorsal and the lumbar axis particularly, and in the ileum plexus. We find there a building of a coating between or on the cushion ends of the segments. **Thus, the body is easily fatigued, with headaches at times, the heart becomes quickened at times, up-setting the body. And the weaknesses and the dizziness arise from these reflexes from cerebrospinal and the sympathetic nerve system.**"

TREATMENT PLAN:

1. Fume baths with witchhazel followed by needle shower (hot and cold)
2. Massage after fume bath with peanut oil
3. Ultraviolet treatment with green glass
4. Diet - body building diet with One-A-Day Vitamin Complex

COMMENTS: This reading fits pattern for neurasthenia (nerve exhaustion) which may now translate as chronic fatigue syndrome. Headaches may result from systemic toxicity or nerve reflexes from spinal centers.

3094-1 FEMALE 38 7/15/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates congestion through the upper parts of the body, or through head, nasal passages, sinus particularly disturbing, throat infection. And from this there arises a disturbance with the digestive system, where **the infectious forces are swallowed into the stomach.** Hence we have a tendency for **an irritation at the pyloric as well as in the cardiac portion of the stomach. This causes the headaches,** the upsetting of the digestive system; and so changes the lactic and digestive fluids of the stomach as to cause at times a great deal of inconvenience. Hence lacerations or ulcerations may tend to form later, unless corrections are made. These also indicate, - as in the **sinus and the soft tissue of throat and head, - that this is more of a catarrhal condition.** Thus those periods when there is a great deal not so much of phlegm as mucous that is discharged from same. **This also contributes to the headaches** and the general weaknesses indicated through the body at times; that tired, languid, aching feeling."

TREATMENT PLAN:

1. Steam bath and massage
2. Eucalyptus inhalant
3. Glyco-Thymoline in water taken orally

COMMENTS: Infectious agents affecting stomach is cited as primary etiological factor - nasal catarrh a contributing factor.

3102-1 FEMALE 49 7/22/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Psychological conditions, then, are the basis of some of the disturbing forces that at times aggravate rather than disarm the body.... This body has long suffered from loneliness within. This, then, has been the submerging of the ego, or self within. This when aroused by spiritual, mental or material things, becomes rather as a shock - to the mental self. For the body in its mental self is well balanced.

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But to have that balance out of line gives to the physical a different approach to all the experiences of the body. Thus the emotional or nervous upsets.... Thus those periods when the body feels far away, lonely, that nobody particularly cares, and that self does not care particularly. These then supply to the nerve forces of the body such that expression will be found rather in a **dull headache; not exactly a headache, but the awareness that the brain is there**, a feeling in the pit of the stomach as of a heaviness - where the assimilation, physical assimilation, should take place in the activity of the lymph through the alimentary canal."

TREATMENT PLAN:

1. Ideals exercise
2. Spiritual application
3. Fume bath with witchhazel followed by massage
4. Osteopathic treatment (relaxing)
5. One-A-Day Vitamins (A, D and B-1)
6. Diet - fruits and leafy vegetables

COMMENTS: This fascinating reading discusses psychospiritual factors that can produce headache-like symptoms.

3144-1 MALE 56 8/9/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the nasal passages, through the head and neck, there has been that form of congestion and inflammation which has caused the Eustachian tubes to become impacted; not wholly so, but as to make pressure upon the auditory forces and the pockets through which there is created the necessary oils for balance in hearing. **Thus the noises, the headaches, the general impression of being bombarded, often, as it were, by noises or voices or conditions from without that become almost as an obsession to the body.**"

TREATMENT PLAN:

1. Osteopathic finger surgery

COMMENTS: Blocked Eustachian tubes were cited as cause of headaches and head noises.

3148-1 FEMALE 44 8/10/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These we find really point back to the time of or following the delivery of a baby - not a baby just at present - but at those periods when there were not the proper precautions taken as should have been. Pressures still exist in the areas just between the kidneys and the lower pelvic organs. Thus that tired heaviness at times which comes to the lower limbs if standing any length of time. **With those changes that are beginning [menopause?], these have brought about pressures that produce those types of headaches that become very oppressive. They vary occasionally. At times a good deal of nausea accompanies same. At others a pressure upon the top of the head and to various portions of the body as though it were throbbing or thumping throughout the whole body. ... (Q) Would it be better to discontinue doing office work, or does this have any bearing on the headaches? (A) This, as we find, does not necessarily have a bearing on the headaches. These are more from those conditions indicated.... (Q) Do I have migraine? (A) No, not true migraine. (Q) What produced the headaches in childhood? (A) Stomach, and the connection with the organs of the stomach with those that are in distress at present from the suppressions.**"

TREATMENT PLAN:

1. Osteopathic treatment (especially lumbar and sacral)
2. Diet - especially watercress, okra, lettuce, carrots and the like; avoid refined carbohydrates
3. Fume bath with witchhazel followed by massage

4. Laxative - Sal Hepatica or Eno Salts

COMMENTS: Injury to the pelvic organs are linked to headaches. The beginning of menopause may also be a factor. The role of diet is especially interesting in this reading with regard to improving eliminations: "Also it would help to keep better eliminations for the body regularly. These may be controlled best, as we find, for this particular body by the diet. So include often in the diet watercress, okra - the activities as of "grasses" (so called) or celery, lettuce, carrots and the like. These may be grated or cut very fine and used with mayonnaise or an oil dressing; not to "burn out" with same as some might do, but change them as to their usage, and we shall find it will **change the general elimination and increase the strengthening of the body, relieving those tensions that cause pressures to the head** and to the secondary nervous system of the body." Note linkage of childhood digestive problems and headache with later pelvic problems. The background report stated: "I have been suffering from headaches for the past twenty years and so far I haven't been able to get any relief. Some Physicians claim it is my nerves while others say they don't know.... Do I have migraine? ("Have had periodic headaches since I can remember, lasting several days at a time...always come at my monthly periods, but may also come at other times just as much.")"

2981-2 MALE 33 8/12/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, have primarily to do with a **catarrhal condition, which from the effects of the flu**, caused a disturbance in the soft tissue of face, head, and neck, and some of these conditions cause disturbances through the assimilating forces of the body. **Severe headaches are produced at times, with this combination of disturbances when there are certain foods or pressures, or when sudden changes have been wrought in the body either physical or mental....** The blood supply is very good. There are those disturbances in the lymph flow through the head, antrum, soft tissue about the ear, the face, and the nasal passages, that at times are carried into the circulation and at others carried into the drosses of the body, or through the alimentary canal. This gives or supplies the basis for a disturbance in the lymph pockets of the digestive area. Hence, there may be periods when, just at the pit of the stomach, or at the lower portion of the rib, there is not so much of a pain as a fulness and an awareness of disease, or of being not at ease. **Then at times a little nausea occurs, but the headaches come in periods.** In the nerve forces of the body, we find that the lymph nerve ends that radiate from the second and third dorsal, that supply impulses for circulation through the soft tissue of the face and throat, are in those states or conditions where a tautness exists or a form of circular lesion. This causes then coldness in the area; that is at the third and fourth dorsal center, and where connected with the plexus in the limb that coordinates with the sympathetic circulation through the disturbing areas.... (Q) Mental cause of strep infection of throat and pneumonia contracted last October? (A) This is not a mental cause, but pathological, or a physical result produced by the after-effects of flu that has formed a catarrhal disturbance in the throat and soft tissue of head and face. These have formed lesions that magnify the condition or cause the attempt - as nature - to by-pass or short circuit in such lesions forming."

TREATMENT PLAN:

1. Fume bath with witchhazel followed by massage and magnetic healing
2. Glyco-Thymoline in water taken orally
3. Exercise (handball)
4. Basic diet

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5. Keep attitudes constructive

COMMENTS: After-effects of flu settling in soft tissue of head and face was cited as primary causative factor. The digestive system was also affected. This individual was very focused on karma and mental/spiritual causation for his condition. The reading repeatedly focused on the physical dimension of cause and treatment while also encouraging a more positive mental attitude toward the healing process.

3157-1 FEMALE 46 8/15/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Let there be less and less resentment of any kind respecting others or in the apparent negligence on the part of others. Remember, as He has given, "If they have hated me they will hate you also - if they have misused me they will misuse you also." In the physical or pathological conditions, such segment pressures have been created through the pelvic system and in the sacral and ileac plexus, that there can never be the full circulation through those areas until these pressures are removed. For the nerve forces in the lymph that control activities in the sympathetic system are not coordinating with the impulses of the cerebrospinal system. Thus there will still continue to be the tendency for the adherence of tissue through the area... With the formation of the kinds of **lesions through the lumbar and sacral area**, these naturally tend to make for an **overactivity or an underactivity in the 9th dorsal or solar plexus area, as well as in the cervical where the connections in the 3rd and 4th cervical are in association with the activities of the organs of pelvis, and the hypogastric and pneumogastric nerves in the assimilation and elimination. The headaches, the tiredness, the forms of anemia that present themselves all become results of those pressures and accumulations from the amounts of adhesions caused in the pelvic and the sacral areas.**"

TREATMENT PLAN:

1. Relax lumbar and sacral areas of spine with hot Glyco-Thymoline packs before osteopathic adjustments
2. Violet ray treatment after first series of osteopathic treatments
3. Improve mental attitude
4. Diet - alkaline diet that is body building

COMMENTS: Note psychospiritual aspect of this case. The role of the violet ray treatments and rationale for waiting until the second series of osteopathic series is given described as follows: "But at the beginning of the 2nd series, we would also use the violet ray, either the same evening the adjustments have been made or the next evening when ready to retire; this will relax the body, enabling the body to rest better. This should not be begun until after the first series of adjustments and the rest period, else we will find the plethora in tissue areas and in segments in the lumbar and lower dorsal and sacral area will tend to make too great an adhesive reaction. By beginning the violet ray with the 2nd series of adjustments we will stimulate the system to a better coordination and better circulation, better rest and better conditions throughout the body."

1916-6 FEMALE 33 8/20/43

ETIOLOGY AND PATHOPHYSIOLOGY: "There has been and exists - which is the source of the headaches - congestion in the abdominal areas, and especially with the ovaries. This as we find should be watched rather closely. If there are tendencies for a temperature, have operation soon, but as long as these conditions remain dormant, there is the chance that they may be eradicated without an operation."

TREATMENT PLAN:

1. Glyco-Thymoline packs across abdomen
2. Atomidine douche

3. Gentle massage (not adjustments)

COMMENTS: "But if there is a tendency for continued headaches, after using these, and any temperature, look for a surgeon."

3166-1 FEMALE 54 8/20/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Sources arise from the nerve pressures, as well as a physical condition that exists in the ascending colon. We find that in times back there was an injury in the 6th dorsal area. Following this there were those disturbances in the nature of congestion or cold, and a colon disturbance. These were after effects of flu. Hence these pressures, in their combination, have caused these variations in pressure in one arm or the other; or almost crossways of the body and would be a variation in the left arm and in the right leg or, there would be a better unison in the right arm and left leg than in the left arm and right leg. Yet the tiredness, the fullness through the abdomen area, the quick pulsations, and the fluttering conditions when walking up steps or standing a long time on the feet, or when sitting a long time - either a curved position of the spine or too erect a position and sitting on the end of spine. These are the greater sources of trouble. **These produce other disturbances, as the fullness in the lower portion of lungs, some disturbances at times in the character of headaches**, the variations at times as to the elimination, especially the alimentary canal, and an excess in activity at times of the kidneys and bladder but at other times sparse in quantities and activity."

TREATMENT PLAN:

1. Relaxing osteopathic manipulations (no corrections)
2. Colonic irrigation
3. Osteopathic adjustments
4. Basic diet with Jerusalem artichoke
5. Grape juice prior to meals

COMMENTS: Note spinal injury and after-effects of flu as causative factors. The reading did not specify if the infectious agent was intestinal flu or respiratory in its effects. Usually a ginseng/ginger tonic is prescribed for after-effects of intestinal flu.

3169-1 FEMALE 56 8/21/43

ETIOLOGY AND PATHOPHYSIOLOGY: "There is a great deal of disturbance in the physical forces of the body, that causes quite an aggravation to the body. Yet as we find, if there would be a change in attitude of the body toward life and its relationships to things around it, we might find a great deal of difference. To be sure, these are pathological conditions; and, of course, there can oft be made a great deal of excuse for anyone suffering with **intense headaches; especially those as here - that involve the 5th nerve; or as they become what are called migraine headaches.** We find that these areas primarily form disturbances in the cerebrospinal system, that - through a long period of time - have builded up those conditions which, with any aggravation to the imaginative or sympathetic nervous system, discharge, as it were, superabundance of energies that cause the pressures on the side and through portions of the temple and the head nerves themselves.

TREATMENT PLAN:

1. Osteopathic treatment (gentle, relaxing)
2. Radial appliance
3. Meditation and affirmations during radial appliance sessions
4. Diet - more fruits and vegetables for eliminations
5. Give kindness, love and patience to others
6. Laxatives as needed

COMMENTS: Note reference to 5th nerve (trigeminal) which is linked to migraine. The strong mental/spiritual emphasis is

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noteworthy as well as lack of intestinal features so commonly cited in migraine readings. The background report contained these questions: "She is cursed with the worst possible form of recurring headaches. 1. What causes my migraine headache, and what can be done to eliminate it? (There seem to be many reasons for migraine headache but so far we have not found the one causing those I have. Perhaps you can help us.) 2. Is the continued use of Gynergen (ergatamine tartrate) by hypodermic harmful? (It relieves the migraine headache, but does not stop the next one...I have been taking it for about 5 yrs., can see no ill results, yet... 4. What is suggested for difficulty with elimination? (Cathartics always bring a migraine headache, as does, usually, an enema. Those things are not getting at the root of the difficulty.)"

3173-1 FEMALE 42 8/23/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... pressures in the area of the lower part of 9th dorsal or through the 9th, 10th and 11th dorsal, have caused a great deal of distress to the activity of the organs of the pelvis. The Periods become rather a torment to the body or a time of over anxiety.... (Q) What causes feet, hands and back stiffness for a few hours every morning? (A) These come from a tendency towards the poisons producing arthritic reactions in the system.... (Q) Persistent hot flashes? (A) The same condition. After the adjustments, if there are still **the headaches and the periods of distress**, we would rest during the period and keep up with all of those things suggested.

TREATMENT PLAN:

1. Attunement with Creative Forces
2. Osteopathic treatment
3. Basic diet - especially carrots and orange juice for vitamins D, B and B-1
4. Potassium iodide with ultraviolet therapy
5. Steam baths and massage

COMMENTS: The headaches are linked to pelvic problems and the menstrual cycle. Systemic toxicity is noted with regard to arthritic reactions.

2301-5 MALE 31 8/27/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... the subluxations, to the liver and gall duct area; with a temperature that gives a little nausea, those tendencies for lack of good eliminations; forming a character of strep - a slow fever; which naturally gives rise to the indisposition. The body is tired, not feeling rested, when having slept; the eyes become irritated, forming almost granulated eyelids at times, distress to the lachrymal ducts; a very bad taste in the mouth; **a little headache - not sick**, but very uncomfortable throughout the whole body; the feet and ankles tired. The subluxation exists from a strain received some time ago in the 6th and 7th dorsal area. There is much distress to the body if it gets overheated or if it gets cold. But correct these conditions, stimulating the gastric flow - as of the liver itself, and we will find these conditions should disappear."

TREATMENT PLAN:

1. Osteopathic treatment
2. Carter's Little Liver Pills
3. Either Milk of Magnesia or Sal Hepatica

COMMENTS: Treatments for these mild headaches focused on the liver and gallbladder. The osteopathic recommendations are particularly interesting: "Then, have at least six to eight osteopathic adjustments with special reference to the particular area indicated; coordinating, to be sure, the upper dorsals and cervicals with the corrections made. But stimulate also when treating, the flow of the gall duct; not attempting to empty it in

the present conditions, but rather to stimulate it by pulling the feet up, kneading the abdomen from the right side towards the left side, with particular reference to the area in the caecum."

2803-5 FEMALE 24 9/3/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As indicated, the coccyx area will need some adjustments. Through the lumbar, through the whole dorsal area there needs to be not a stimulating but an allowing of those centers to become coordinant, through which coordination is kept between sympathetic and cerebrospinal nervous system. Thus it would be a gentle relaxing treatment, more massage than using the structural portions as leverage, though a thorough massage. (Q) How often would it be advisable to get an osteopathic treatment? (A) Have these about one a week at least until there is perfect coordination, especially in reflexes from those disturbances indicated in the coccyx area... (Q) **What has caused the terrific headaches beginning on the left side of my head and then giving the impression of a band tightening around my head causing me to feel faint? How may I overcome this situation?** (A) **Pressures in the coccyx areas....** (Q) What has caused a weakness in my eyes? (A) Any pressure that comes from the coccyx area passes along the nerves and the supply of glandular forces affecting all of the sensory system. Here, the greater pressure is upon the adrenals and the 1st and 2nd dorsal and the 3rd cervical. Hence it would be well to relax these, as indicated; not try to move the segments, see?"

TREATMENT PLAN:

1. Osteopathic treatment
2. Exercise
3. Meditation and affirmations

COMMENTS: Reflexes from the coccyx (tailbone) were noted in readings for varied conditions ranging from epilepsy to schizophrenia.

3194-1 FEMALE 63 9/4/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, then, the involvement in the circulation as related to the lungs, liver and heart, we find making disturbances with the glandular forces of the eliminating system; setting **up toxic forces through the body, causing distresses in the assimilating system, a great deal of headaches at times** and a general tiredness throughout the body."

TREATMENT PLAN:

1. Attitude adjustment (change negative thinking)
2. Apple brandy fumes (for lungs)
3. Acigest
4. Basic diet
5. Fume baths with witchhazel followed by massage

COMMENTS: Headaches appear to be secondary to lung condition.

3195-1 FEMALE 60 9/5/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In the present the activities of the lymph circulation have been and are such as to cause excruciating pain in almost each segment of the spine, as well as many of the locomotories at times; due to the deposits of excesses of the assimilated forces used in the circulation. Hence the segments in the spinal column where the circulation between sympathetic and cerebrospinal system has made deposits, where irritations are caused by the localizing of conditions in the areas governing the circulation through the portions of the throat and head, - or the upper dorsals. Those in the 6th and 7th dorsal upset the digestive forces, as in the duodenum and pyloric portion of the stomach itself.... (Q) **What causes and what should be**

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done to correct violent headaches? (A) These are the pressures that are caused in the spinal system. These should be lessened after the second or third week, a great deal."

TREATMENT PLAN:

1. Ultra-violet ray treatment with green glass followed by spinal massage
2. Basic diet with emphasis on raw foods
3. Positive attitude
4. Enemas

COMMENTS: Spinal lesions appear to be the primary etiological factor in this case.

2981-3 MALE 33 9/10/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find there are decided improvements, but there still remains some of those sources or causes of the headaches."

TREATMENT PLAN:

1. Colonic irrigation
2. Massage

COMMENTS: See previous reading. After-effects of flu was primary etiological factor.

3219-1 FEMALE 50 9/18/43

ETIOLOGY AND PATHOPHYSIOLOGY: "There are those continued reactions from the violence of disturbance that has set up within the system itself. These conditions may not be healed in the present, as we find, but may be made easier - and a prolongation of the experience in the present, if such is desired by the body.... (Q) Can anything be done to relieve the headaches? (A) All of these as indicated will tend to relieve the pain."

TREATMENT PLAN:

1. Continue with medication for pain relief (opiates)
2. Animated ash and ultra-violet therapy
3. Magnet therapy

COMMENTS: The precise etiology in this case is not given. She was suffering from cancer of the brain and was blind at the time of the reading.

3224-1 FEMALE 6 9/20/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... here is a very good illustration of the sources and causes of allergies that effect a body in varied manners. Here we find the sources or causes of allergies to some foods, some pollens, some odors. Noises to the body are also just as bad at times. This is a selfconsciousness of the lymph patches or spots where there is connection or association with the centers along the cerebrospinal system.... There are allergies from any activity at certain periods because of this incoordination, or a **tautness at the center where sympathetic and cerebrospinal make their closer connections - at the upper dorsals**; which are a part of those that control the activities to the sensory system and sympathetically even the eyes and eyelids. These show a variation in their activities. Also there is a variation as to the taste and odors, and activities as related to other portions as in the touch to the body. These are accentuated. For this particular area there are the greater **circular lesions, and these are about the second and third dorsal**. Then there are those in the third cervical areas that also make for associations of reflexes and activities to the lumbar areas of the body. And these, if there were not corrections made, would doubtless cause the greater trouble when the periods of puberty were reached with this body.... (Q) Would any kind of a pet animal aggravate the allergic tendencies - can she have a pet dog? (A) If she likes a pet dog, have a pet dog, especially if these things indicated are done for the body. But if they are not, **animals of any kind -**

their odor, their fur or hair - wouldn't be good - she would have a rash, an upset stomach, headaches and blinky eyes."

TREATMENT PLAN:

1. Osteopathic treatment
2. Well balanced vegetable diet with occasional seafood and lamb

COMMENTS: Note age of child. The reading stated that the allergies could be cured by osteopathic treatment. If not cured as a child, could become very serious later in life. The hypothetical question regarding pets indicates headache as one of the possible allergic symptoms if the treatments are not taken. Here is a description of the effects of the osteopathic treatments: "It may require some three to four of the treatments to find each segment along the spine doing or performing its functioning without being static. Then coordinate the lymph, or lymph patches, with the central circulation - both nerve and blood - and we will find that all allergies would disappear."

3242-1 FEMALE 53 9/27/43

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply indicates the lack of proper eliminations, and the improper coordination between sympathetic and cerebrospinal system. These have to do then with the emotional body as well as the physical being. In the nerve forces partially the effect of the poisons and of an unbalanced chemical condition, which prevents the recreation of tissue, impulse and the like in nerve forces.... And without this the muscular forces, - as in the limbs - show deterioration and the inability for proper reflexes in same. In the organs of the body - the liver and the abdominal, or throughout the colon and intestinal area - there are disturbances that cause not only a rash that appears at times on body but the incoordination in eliminations.... (Q) What causes and what remedy is advised for frequent headaches? (A) **Toxic conditions through the body.**"

TREATMENT PLAN:

1. Put away animosities
2. Fume bath followed by needle shower
3. Violet ray and ultraviolet ray treatments
4. Glyco-Thymoline in water taken orally
5. Hot Glyco-Thymoline packs over colon
6. Balanced diet with plenty of B-1 (yellow) foods. During winter give A, D and B-1 vitamin tablets

COMMENTS: Food allergies were noted but would be eliminated with treatment. Note emotional aspect of this case. A report with this file indicated: "Intense headaches at times, directly over and BETWEEN the eyes.... I have had a nasal catarrhal condition a good part of my life, with severe 'sinus' headaches occasionally."

3247-1 FEMALE 38 9/28/43

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What can be done about headaches? Eyes? (A) **These come from the general condition of the system; especially the slowing of the elimination of foods through the alimentary canal**. But with the correction of those conditions in the dorsal and cervical areas, these should eliminate these sources; especially with the abdominal massage as should be given with the oils."

TREATMENT PLAN:

1. Fume bath with witchazel followed by hot/cold shower and massage
2. Osteopathic treatment
3. Faith in Christ

COMMENTS: Spinal subluxations and systemic toxicity were primary factors in this case. The background reported stated:

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"Will massage restore the colon to normal functioning? (I have to take purgatives all the time or I have bad headaches.)"

3252-1 FEMALE 39 9/30/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the vitality is rather low with this body and the effects or results of the nerve energies are almost in opposition to that ordinarily encountered with a person with those great tendencies for lack of proper assimilations in the body. While these have not entirely caused such activity as to desist wholly from the cares of various things, we find that the blood pressure, the vitality, nerve energies, activities of heart, liver, lungs and kidneys are very definite with this particular body.... **The headaches, though not exactly the same, are in the nature of those irritable reactions through the nerve centers; and these cause the general breakdown with the body.**

TREATMENT PLAN:

1. Vitamin B-1 supplement

COMMENTS: This very curious reading contains important information in the background report: " 7/8/43 "Last summer after an examination at the Cleveland Clinic the report was that my headaches were caused in part at least by hypoglycemia or low blood sugar. I was put on a diet but seemed to get very little help. Other doctors have thought they were caused by glandular deficiency. I believe there are several causes, because I have different types of headaches..." No followup report exists for this case.

2665-3 FEMALE 44 10/1/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In the physical forces of the body we find there are disturbances. These have to do primarily with the incoordination between the upper and lower circulation - or those hindrances that have come about by a congestion through the gall duct area. The blood supply indicates a slowing of circulation through the lower extremities - which gives oftentimes, from the waist downward a stinging, burning feeling, when the body arises of morning or has remained in one position for any great length of time. These are the variations between superficial and deeper circulations, by those pressures in those areas indicated. This at times also causes nausea, a quickening of the circulation or heart beat. But not an organic heart disturbance; neither is there any cancerous indication from the effects of any characterization; though the anxiety that the body has at times - because of those disturbances in the pelvic organs, that are sympathetically affected - may bring about a great deal of aggravation.... **And we will find we will build back better conditions for this body; eliminating those disturbances to the central circulation, the headaches, the condition of nausea, the irritation through the pelvic organs, and causing better circulation of every nature.**"

TREATMENT PLAN:

1. Douches with Atomidine
2. Hot castor oil packs over liver and gall duct
3. Osteopathic treatments including draining of gall duct
4. Colonic irrigation
5. Basic diet avoiding too much starches and getting plenty of vitamins A and D

COMMENTS: This appears to be a case of vasomotor (vascular) disturbance caused primarily by gall duct and possibly pelvic problems.

2299-10 MALE 3 10/6/43

ETIOLOGY AND PATHOPHYSIOLOGY: "There are those weaknesses, those tendencies for cold and congestion, or for the super amount of acidity produced in the system. If those

suggestions will be kept closely as we have indicated, in regard to keeping alkalinity and the activities in eliminations near to normal, we will find that the body will grow.... **(Q) What causes frequent headaches and occasional aching of arms and legs? (A) The lack of resistances. These are in a manner growing pains, without the sustenance for supplying all the energies. Hence the needs for those vitamins indicated to be supplied in the body."**

TREATMENT PLAN:

1. Vitamin supplements (A, D and B-1 complex)
2. Eucalyptus inhalant
3. Body building diet with plenty of fruits and vegetables
4. Suggestive therapeutics

COMMENTS: This child appears to suffering from nutritional deficiencies and respiratory problems.

3290-1 FEMALE 69 10/14/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find there is a complication of disturbances preventing the better physical functioning through the body. Much of this is produced by neglect to the body of its precautions or cares, and much comes from improper diet and disregard of combinations - to gratify appetites. The blood supply indicates a **toxic condition through the system from poor eliminations.** The heart disturbance is more from the **disturbances in the colon, both a plethoric condition in the transverse and part of descending and a prolapsus in the caecum area.** These cause, then, a great disturbance at times; dizziness, **sick headaches**, tiredness, flushed face, cold feet and hands at times, and anxieties.... As to the functioning of the organs themselves, - from the pressures in the nervous system - as between sympathetic and cerebrospinal, especially in the upper dorsal and cervical area, - we find that the eyes, ears and nose at times give trouble. There is also some disturbance indicated through the antrum and soft tissue of the face."

TREATMENT PLAN:

1. Attitude adjustment
2. Fume bath followed by pine oil bath followed by shower and massage
3. Colonic irrigation
4. Basic diet

COMMENTS: The psychological aspect of this case is significant: "... first change the mental attitude of the body. If the body is fearful of others taking things away from the body, they'll be taken all right! If others are treated as you would be treated, this will bring varied conditions from those in the present surroundings and environs."

3296-1 FEMALE 42 10/16/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are disturbing conditions that prevent the better physical functioning. These are partially psychological but more pathological. We find that these have to do with the sympathetic nervous system, as well as with conditions existent in the cerebrospinal nervous system. Hence we find at times there is quite a variation in the reactions to the body. When there is the variation in temperatures, or atmospheric pressures, this irritates the body. For, there being nerve pressures throughout many areas in the cerebrospinal system, and more particularly in the sacral and the sacro-ileac or through the coccyx end also of the spine, there is caused a great deal of irritation - which becomes very aggravating to the reactions of the digestive system, the eliminating system, and the glandular forces as related to organs of the pelvis. **Kidneys sympathetically become involved, and these cause headaches, weakness, tiredness, pains through the**

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lower limbs and the like; especially along the sciatic nerves and in the knees."

TREATMENT PLAN:

1. Glyco-Thymoline packs over sacral area of spine using hot salt pack (not electric pad)
2. Glyco-Thymoline in water taken orally
3. Osteopathic adjustments
4. Mineral laxative
5. Basic diet - avoid too much of starches at one meal

COMMENTS: The Glyco was to decrease acidity (both locally and systemically) which was probably related to kidney dysfunction that was directly linked to headaches.

2585-2 FEMALE 30 10/19/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Conditions are very much improved, as we find. It is true, there are times when there is a great deal of disturbance and distress, just at and through the [menstrual] periods.... (Q) **The headaches with reflexes to the eyes which you mentioned before still occur frequently, are these directly connected to the condition which I have been referring to or are they coming from something else? (A) These should be aided by the treating of the body in the 3rd cervical and in the areas of the 9th dorsal, and the lumbar areas. These should be part of the adjustments made by the osteopath.**"

TREATMENT PLAN:

1. Hot Glyco-Thymoline packs over ovaries
2. Osteopathic treatment
3. Do not use sedatives (use Glyco packs at menstrual periods)

COMMENTS: See previous reading.

3301-1 FEMALE 32 10/19/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These as we find, are primarily from an unbalancing of the chemical forces of the body, - a form of stricture in the lower portion of the duodenum, that connects with the jejunum, - and poor eliminations in the system. Thus there is an unbalancing of the eliminating activities. So that poisons that should be eliminated through alimentary canal are often indicated in the superficial circulation - in a form of rash, or pimples on portions of the body; red spots, hot and cold spots over the body. These as we find also produce the tiredness throughout the body; periods when the body is restless, unable to sleep, aching in fingers, in limbs and knees and feet. These all are the effects of these toxic conditions in body and formation of gas through the stomach as well as through alimentary canal.... **Do these [treatments] and we will keep away these headaches as well as make for better conditions in the eyes, ears, nasal passages, and the general conditions of the body.**"

TREATMENT PLAN:

1. Osteopathic treatments (relaxing, not stimulating - drain gall duct)
2. Colonic irrigation
3. Eno Salts (laxative)
4. Kaldak tonic

COMMENTS: Systemic toxicity from toxic bowel is primary etiology. The recommendation for osteopathic drainage of gall duct suggests that this may have been a contributing factor in the bowel dysfunction.

3304-1 FEMALE 73 10/20/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are disturbing conditions with this body. While these deal with the nerve energies and the reflexes in nerve forces, and in the blood supply, they arise from an unbalanced condition in the

chemical forces of the body. Phosphorous and iron are lacking; partially because of the character of the diet and partially from pressures that exist in the lumbar and lower dorsal areas. These replenished or supplied with energies, as we find, will do away with this disturbance that arises from intestinal indigestion, or lack of proper assimilation, that comes from the lack of the body digesting the foods taken. For, with the lack of the acids balanced in the diet, these - with these pressures - bring about the lack of supply.... **Glandular forces are very good, but without their supplying - when there is not the general activity and the growth that should ordinarily go on - there comes the mean, dull headaches, tiredness, weakness through the limbs, the inability to grasp with the hands as the body would desire, or to hold; and an easily tiring of the extremities in every way.**"

TREATMENT PLAN:

1. Caldwell's Syrup of Pepsin to purify the system
2. Sal Hepatica to flush the system
3. Kaldak nutritional supplement
4. Basic diet with plenty of raw vegetables to supply silicon and seafoods
5. Massage

COMMENTS: The complex etiology of this case involves spinal lesions, glandular dysfunction, nutritional deficiencies, poor assimilation, and systemic toxicity.

3326-1 FEMALE 13 10/29/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, while the body is in the developing stages, the sources of the conditions to which **the body becomes allergic in the digestive system should be looked for - that deal with all migraine headaches. So, this information might be used universally as to the sources of such, if it would be accepted.** For, here we find such in its beginnings, and it is in the digestive system, causing - through a state of circulation - **an inflammation in the connections of the intestinal tract** through which blood and nerve supply bring nutriment and activity to these portions of the body. Thus these conditions taken in these beginnings may be eradicated entirely from the system; but the taking of sedatives of any form only adds fire to the condition. True, it may ease for the moment, but it requires continued excesses of same that involve the gastric flow even of other portions of the system. However, if the correct applications are made, the causes of the condition may be removed.... This extends and becomes much more active in the **jejunum (this is speaking universally now, not in this individual case) but its beginnings are in the area (as in this particular body) of the caecum - where the jejunum empties into the colon for further digestion and absorption by body forces...** Do these, being mindful of the diet, and we will correct conditions for this body. **These are the sources of migraine headaches.** (Q) Are the attacks due to some emotional reaction? (A) We have given as to what are the sources. If there will be done these things outlined, you can correct the condition. If you keep taking shots or pills, you will have it the rest of your life."

TREATMENT PLAN:

1. Colonic irrigation
2. Diet - avoid sweets, especially chocolate and sedentary forces (such as brans or raisins)
3. Drink plenty of water
4. Osteopathic adjustments (relaxing) with special attention to 6D and 7D

COMMENTS: Note the age of this person and clear description of etiology and pathophysiology of idiopathic migraine. See the full reading for additional dietary advice.

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2376-7 FEMALE 26 11/1/43

ETIOLOGY AND PATHOPHYSIOLOGY: "While there are great distresses still through the body, we find that these should gradually be eliminated if good eliminations are kept and sufficient osteopathic corrections are made to relieve those pressures and tensions produced in the body, - not only from this fall but those that have existed.... (Q) Are there any after effects from the fall? (A) Haven't we just given a great deal as to what should be done for the after effects? Meet them! (Q) **How can headaches be relieved?** (A) **By relieving the tensions on the body. A great deal of trouble comes from the alimentary canal.** These will be relieved by the thorough cleansing. Later - not in the present - there needs to be a thorough cleansing of the colon, - not by just high enemas but colonic irrigations, scientifically given."

TREATMENT PLAN:

1. Laxatives: Alophen followed by Sal Hepatica
2. Osteopathic treatment (relaxing)
3. Diet: semi-liquid, semi-jolid
4. Attitude adjustment (stop self-pity)

COMMENTS: A fall may have caused or contributed to the spinal pressures that disturbed alimentary canal functioning, hence adjustments and colon cleansing. The psychological aspect of this case is also important and may apply to many headache patients: "Don't pamper self too much nor commence feeling sorry for self. Do something about it! Do something for someone else and you won't feel sorry for yourself."

3329-1 MALE 47 11/2/43

ETIOLOGY AND PATHOPHYSIOLOGY: "For, when there are any types of headaches (and they may arise from many sources) there is distress somewhere in the physical being of the body that is the source of the cause of same. One may have a type of headache from a stomach ailment, another may be from poor digestion or poor eliminations; and these apparently cause pressures in varied portions of the head - or the reflex nerves of the brain center itself. Here we have a type that is sometimes called migraine, or that really means "we don't know the source of same. In this particular body we find the combination of disturbances. These are more severe when there is an overanxiety about any emotional influence in the experience (in this body), whether conscious or unconscious, or in those periods when something aggravates the body in its mental activity. These arise, then, from a condition existing in this body bordering on the pancreas, on the activity of the spleen upon the body. The expression in the nerve reflexes we find associated with certain ganglia in the cerebrospinal system, where the sympathetic nerves and the nerves of the central nervous system coordinate. In this particular body, these occur from the **6th to the 8th dorsal**. These, then, are the areas where stimulation is needed for the association or coordination, for the relieving of those **reflexes, or those pressures that cause reflexes in the brain centers** themselves; so as to relieve these tensions in this body. **But the sources of these pressures arise from the conditions in the colon and in the caecum area.** When such conditions occur, the body will find, by the application of the **hand on the body that there is a cold area just across the diaphragm, as compared to the rest of the body.**

TREATMENT PLAN:

1. Osteopathic treatment
2. Colonic irrigation
3. Diet - keep away from sweets
4. Attitude - keep optimistic even when everything goes wrong

COMMENTS: The reading observed that the first colonic irrigation may provoke a migraine, but to keep them up until all mucus is eliminated. The osteopathic treatments were to "relax and stimulate the centers in the cerebrospinal system that supply nerve energies to the areas through pancreas and the spleen area as it connects with same along the whole alimentary canal, to the areas outlined." Note cold spot on abdomen during migraine. Cycles of treatment were also important in this case: "(Q) Should this treatment be started right away? (A) We would start the treatment in the early spring season, - as in March and April. Remember, we all move by cycles, you see. (Q) Does each body have its individual cycle? (A) Each body has its individual cycle and vibration." The background report stated: "He has had headaches for 20 years - nothing has ever reached the cause or eased him - usually they last 3 months, beginning in October; this year started in July and just finished a siege..."

3358-1 FEMALE 29 11/14/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find, there are disturbing conditions that prevent the better physical functioning of the body. These have to do **primarily with two causes; first a disturbance in the liver and gall duct area and then in the colon itself - in the ascending colon**.... The blood supply indicates the form of **toxic conditions** arising, while the **nerve pressures that are produced indicate the sources and the effects - as in the headaches**, the irregularity at times with the kidneys, the blemishes on the skin or through the superficial circulation, with the various spots or blotches that occur on face, hands, arms, limbs at times. These indicate how the disturbance is affecting the coordination between superficial and deeper circulation, the lack of the proper **coordination of the eliminating channels** of the body. Hence the effect produced in the respiratory system and the perspiratory system, the flushes that occur at times. The blood, then, carries the indication of toxic conditions, while nerve pressures are indicated especially in the nerve plexus radiating from the 9th dorsal, 6th and 7th dorsal and 3rd cervical - as those areas disturbed by the pressure in the abdominal area, the liver, and the circulation between the liver and kidneys. In the functioning of organs themselves there is produced first in the brain forces **very bad reflexes or headaches** that occur at times, when apparently there has been no unusual activity or disturbance in the assimilating or digestive system. **These may arise from a little mental anxiety or undue excitement, or the overtaxing of the body in any physical or mental exercise.**"

TREATMENT PLAN:

1. Fume bath with witchazel followed by massage (pine oil and wintergreen)
2. Colonic irrigation
3. Osteopathic treatment

COMMENTS: The cycles and sequence of treatments was very important in this case. The fume baths first, then colonics, then adjustments. Note systemic symptoms produced toxicity and how the internal cleansing addressed all symptoms: "By the end of the 3rd series, if these are done properly we should find much better conditions, **alleviation from the headaches**, the blotches, the nausea that comes at times, the extreme nervousness at times, and also the eyes will be much improved, as well as the hearing and the sense of taste. All of these will be improved." The background report stated: "What is the Cause of the severe and almost constant headache from which I have suffered for the past 12 yrs. How can these headaches be cured?"

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3376-1 FEMALE 36 11/26/43

ETIOLOGY AND PATHOPHYSIOLOGY: "These have to do primarily with the **glandular conditions, especially thyroid; and as these are related to the other glands of the body, those of the assimilating system and the eliminating system, as well as the organs of the pelvis**.... The blood supply has a tendency towards anemia, but a peculiar type of anemia - that where there are disturbances continually between the lymph and emunctory circulations; while the blood cells of white and red corpuscles cause more of the normal reactions. But the incoordination between some of the glands and the activities produce these disturbances. **Thus we have disorders - poor eliminations, very painful periods at times, the throat and the digestive forces upset, headaches and those reactions**.... But in the pathological conditions we find, as indicated in the thyroid glands, the glands of the jejunum, the glands of the pelvis, the adrenals, all suffer for lack of nutriment or nourishment."

TREATMENT PLAN:

1. Attitude adjustment
2. Atomidine
3. Fume bath, bubble bath and then massage
4. Kaldak

COMMENTS: The psychological aspect of this case was emphasized: Hence the injunction as might be given for the body to get a better surety in self as to its spiritual outlook. Leave off the finding of faults, and so many faults will not be found with you. Leave off speaking unkindly. If it is impossible to say nice things about a person, keep silent - even though what you might say may be true. Remember, there's so much good in the worst of us that it doesn't behoove the best of us to speak unkindly of any of the rest of us. These are the manners in which the entity should approach its associations. These are the mental attitudes needed. Remember, the mental attitudes will have much to do with whether you will grow a straight toe nail or keep your eyes straight, or keep your voice when you are upset. For these work with the glands of the sensory system."

3380-1 MALE 50 11/30/43

ETIOLOGY AND PATHOPHYSIOLOGY: "Now as we find, we have an unusual condition existing here. To be sure, there are pathological conditions that arise. But there are also psychological conditions of a very unusual nature to some. Here there is the **attempt of possession in periods when the body relaxes**, and these pains that occur **as reflexes in the present are the result of an injury to the body, or to the entity receiving the injury and it is here finding a reflex action in the brain** of this entity. Here we find, then, there should be the consideration of the variation which exists in **manifestation of body, mind, soul**. For when the body rests and there are the attempts to relax, **when the body-mind rests, the soul-mind of an entity presses in on body forces entering into the body expression in the mental**."

TREATMENT PLAN:

1. Read specific passages from the Bible (Deuteronomy ch. 30, Exodus 5:19) and meditate and surround self with that consciousness when going to bed
2. Relaxing hydrotherapy - hot and cold packs, needle showers
3. Violet ray treatment
4. Vegetable laxative

COMMENTS: The background report for this reading provides valuable information on the nature of the headaches experienced by this man: "... for the past yr. I have been troubled with **headache attacks; my first attack comes in at about 3:10 A.M. nightly and most of the nights the attack repeats every hr. and thru the night until 6 or 7 a.m.** then I am all right all day

long. X-Ray pictures show nothing wrong with my sinuses - the doctors claim it's a nerve condition so here I am taking a codeine tablet before going to bed and despite the codeine - most every night I must take one or two more tablets thru the night. **The pain is severe and only at one spot, right above my right eye** - never any other part of my head sometimes I feel I am going mad with the pain and it does not seem as tho it makes any difference as to when I retire early or late the first attack comes with clock like regularity at about 3:10 a.m. and it does not seem as tho it makes any difference what I eat. The condition has played such havoc with me that I even tried to sleep thru the night sitting up in an easy chair - no help. Then at times when I come home from the office I will wash up - have dinner, read for an hour or so, and then feel like taking a little nap on the sofa, after dozing off and sleeping for about a half hour, I'll awaken with a most violent headache and always the same spot just over my right eye. It seems that I have reached a stage that I am afraid to retire, and yet one must go to sleep - so I go to sleep and wake up with an attack - that is my condition, and seek help." This appears to be a case of discarnate possession. The violet ray was often recommended in such cases. Appendix E from *The Treatment of Schizophrenia* (David McMillin) contains a discussion of discarnate possession in the Cayce readings for those interested in this topic.

3381-1 MALE 32 12/1/43

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these have to do with those conditions that have existed from an injury to the spinal column itself, and the effects that this unbalancing of the chemical forces has produced - with the inflammation that is produced in the segments in the spinal area. These produce pressures upon nerves, or the inflammation produces effects in the activity of organs through the body.... Hence the aching that is caused across the back, and the inflammation - combined with an infection which has existed in the organs of the pelvis - causes irritations in the area of the bladder and the kidneys. There is not an organic kidney disorder. At times there are those tendencies for pus to form, but - as indicated - there is still sufficient of the leucocytes to block these off. Thus the painful periods at times at the activity of the bladder and the urine." **(Q) Are headaches also part of this condition? (A) This is part of the digestive system. Keep the eliminations somewhat better. Change the diet, not too much of meat but more of raw vegetables.**

TREATMENT PLAN:

1. Glyco-Thymoline packs for back and pubic area followed by massage
2. Atomidine douche using penile syringe
3. Laxative
4. Diet - less meat and more raw vegetables

COMMENTS: Interesting that with the spinal pressures, osteopathy was not recommended. Cayce said that this man's wife could achieve the same result with massage and save him a lot of money. Although significant urinary tract problems were noted, the cause of the headaches appears to have been traced to the digestive system.

3386-1 FEMALE 38 12/3/43

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nerve forces of the body are the sources from which the physical disturbances arise that upset the body; the inability of the body to gain that rest needed in sleep, **in periods when there are headaches that upset the body**, periods when there is a great deal of nerve exhaustion.... These are the sources, then. There having been activities with the body where there are **the tie-ups**

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of nerve forces in the abdominal area and through the pelvic forces, these have left tendencies for lesions to form in the attempt of the body to protect itself against distresses in the body. It will be found that there are **spots over the abdominal area that would be cold**, as in the lower portion of the lacteal ducts, as on the left side of the body near the area of the descending colon. These are from nerves being taut, especially those between the sympathetic and the cerebro-spinal system - at this larger center where the solar plexus nerves radiate through the abdominal area, through the lower portion of the kidneys and the bladder - that cause these at times to be active or non-active with the recurrent conditions of disturbance or the awareness of the activities through the body. These are in **their reflexes to the 3rd cervical that radiates with the brain centers that coordinate from the 3rd cervical, from the 3rd and 4th dorsal, to the sensory centers**. The eyes burn at times, there is the awareness of little noises in the ears, sleeplessness, and the body in such periods becomes aware of these distresses through portions of the body.... The organs in their functioning are very good. **The brain forces in their reflexes are good, save at those periods when there are distresses from the headaches - and then the body becomes easily disturbed by what others say or do, and nominally these do not have their reflexes on the sensory forces of the body, but the body at such times becomes supersensitive to slights or the like."**

TREATMENT PLAN:

1. Violet Ray Treatment
2. Osteopathic treatment (relaxing, never stimulating, gentle massage)
3. Kaldak and V-8 juices
4. Sing, to be heard by self
5. Basic diet

COMMENTS: Note reflexes from abdomen and pelvic plexus and then to brain producing headaches and sensory system manifestations.

3395-1 FEMALE 63 12/9/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, these are wonderful experiences for this body, even in the suffering and in the trouble - if the body will only accept it as such. Ye have taught, ye have preached it in thy literature and thy activities, as to how and as to what spirituality, practically applied in the life of the individual, should create for its environ, if the mental and body-mind is the builder of the body. Why not try practicing it in self? These are not harsh words, nor meant to be harsh, but **the lack of proper eliminations is the source of infection that causes arthritic tendencies**. In the natural consequence of the mind, in reason, this should indicate to such a wonderful, a beautiful mind as this entity, **the lack of self-control**, the holding back in self of those things that should be stressed in mind, in body. These are indications of the nature of disturbance in the mental self, if the soul-purpose is in the right direction.... Here we have had **congestions in liver. These have oftentimes caused very poor eliminations. These have caused pressures to be produced through alimentary canal, causing a stoppage in central areas of the cerebrospinal supply to such disturbed areas**. And we had some years ago touches of neuritis, touches occasionally of rheumatism. These were from **neglect in body-forces**. These gradually increased, until the emunctory and sympathetic circulation took upon itself **poisons that became as an accumulation through such areas. Then there came headaches, dullness in body-forces**.

TREATMENT PLAN:

1. Practical application of spiritual principles
2. Abdominal castor oil packs

3. Massage
4. Fume bath with witchhazel
5. Short wave electrical treatment

COMMENTS: Note strong holistic emphasis. The physical aspect focused on congested liver and its effects on alimentary canal, hence abdominal castor oil packs. A report stated: "I wake up in the early morning almost every day now with this headache and I am just no good until I get rid of it."

3402-1 FEMALE 37 12/11/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... those torments as of separation of body and mind, **those conditions arising that cause the headaches, the disturbances in circulation**, causing the body to appear at times as if losing consciousness, and the blood spitting that comes from the impaired circulation between the lungs, the heart, the liver and the kidneys.... (Q) What was the cause of her condition originally? (A) Overtaxation from a nervous disturbance in the beginning, and it causes most everything - by those injections in spine, in the hips, in various portions of the body.

TREATMENT PLAN:

1. Change environment and rest
2. Short wave electrical treatments
3. Diet - easily digested

COMMENTS: This reading is indexed as neurasthenia (nerve exhaustion).

3466-1 FEMALE 50 12/21/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... there are conditions in the liver and gall duct area, where disturbances have caused a great deal of change in this circulation, and cross nerves are the sources of this particular type of anemia. In the nervous system, because of these disturbances, we find periods when there are anxieties created by **the poor coordination between sympathetic and cerebrospinal circulation**. The body feels at times as if it is slow in comprehension, slow in reactions. Yet with the reflex in brain forces the body is much above the normal in its reactions to knowledge or understanding. As to the organs of the body - we find that the **organs of the sensory system are under greater distress**, as indicated at times in the conditions with eyes, the slow tentativeness in hearing, though not an organic or even a functional disturbance. **It is one of nerve transmission** - even the taste is affected at times, so that things don't taste exactly right. **All of these are caused from the manner of reflexes**. 10. The heart and digestive system at times are quite variable in their reactions, as also in **eliminations**....

(Q) What causes and what will relieve headaches? (A) The general toxic conditions as a result of the strain on the nerve system through those activities. All of these things indicated are to contribute to the relief of these tensions that produce same."

TREATMENT PLAN:

1. Fume bath followed by massage
2. Violet ray treatment
3. Kaldak for body building
4. Basic diet - avoid sweets and certain raw fruits

COMMENTS: Fume baths, massage and violet ray will help to coordinate nervous systems and circulation thus decreasing systemic toxicity. Note references to "nerve transmission" and reflexes as basis of problem.

3478-1 FEMALE 66 12/22/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is general debilitation through the general activities of the body. Thus there are deficiencies produced in the chemical balance of

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the system.... **The headaches that occur periodically, then, are distress signals arising from the general circulation in those areas from which these organs obtain their impulses. Thus we will find that when the headache occurs, one time it may be apparently from a lesion or a soreness experienced in the lower edges of the 9th dorsal; at other periods we will find it in the 4th and 5th dorsal, at others in the 3rd cervical.** These are the areas from which there is greater impulse between sympathetic and cerebrospinal nerve supply to the activities of the organs involved. As we find, this has left a **disturbing force in the eliminations, especially through the colon - in the ascending and a portion of the transverse colon.**"

TREATMENT PLAN:

1. Colonic irrigation
2. Kaldak
3. Radial appliance

COMMENTS: Note general debilitation and nerve reflex patterns producing toxic colon. The headaches occurred in the morning.

3490-1 FEMALE 43 12/23/43

ETIOLOGY AND PATHOPHYSIOLOGY: "... we have what is at times termed a tipped stomach, and small. This prevents the foods being expelled, or it prevents the activity of the lacteals and the hypogastrics producing proper digestive fluids. Thus we have disturbance with eliminations, the alimentary canal brings about pains or gas formations at times and at others a very slow or little activity of the colon - or through the colon. All of these are the effects, then, of those disturbances from pressures that exist primarily in the hypogastric and pneumogastric center, or from a condition in the upper portion of the 9th dorsal. A lesion is formed from same in the 3rd cervical, 3rd and 4th dorsal, and the areas through the sacral and pelvis are set - or taut in their activities. These are the sources and the disturbances, as we find. Reflexly we have at times those conditions arising in the sympathetic nervous system, as the disturbance with the taste, the hearing, the eyes. All of these are accentuated at times, at other times they are dull or slow in their reactions. At times conditions in the superficial circulation cause stiffness, lack of desire for food, **headaches being caused from undigested foods - as it would appear - through the system. There is a lack of a balance in the hydrochlorics and the lactic acids and alkalines, according to the manner in which they should act through the system.**"

TREATMENT PLAN:

1. Osteopathic treatment (relaxing treatments before corrections at 9D, 6D, 1-3C)
2. Acigest
3. Calcios
4. Kaldak
5. Constructive mental attitude - be good for something

COMMENTS: Abnormal stomach position caused by nerve reflexes is mentioned in numerous readings. The subsequent hypogastric/pneumogastric involvement in source of nerve reflexes to head and sensory system related to headaches. A series of relaxing osteopathic treatments was to be given first before specific corrections of lesions.

1170-5 MALE 66 12/23/43

ETIOLOGY AND PATHOPHYSIOLOGY: "While conditions are improved from that we have once had here, the body should take those precautions of not over-taxing self; else we are going to have a disturbance in the heart, liver and kidneys. For there is an engorging yet in the thrombose area. This accounts for the periods when there tends to be swelling in the lower portion of

the limbs, and in the feet, if the body sits down to rest of evening. **This accounts also for the tiredness and the headaches."**

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic treatment

COMMENTS: Circulatory imbalance due to toxic colon appears to be primary etiological pattern due to unbalanced lifestyle.

"(Q) Should he rest during the day? (A) A very good manner: After breakfast work a while. After lunch rest a while, after dinner walk a mile." See previous readings.

3531-1 MALE 52 12/30/43

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are disturbing conditions from the **effects of toxic forces causing irritation to the superficial circulation; and the lack of activities through eliminations causing pressures, upsetting stomach, headaches,** and a disturbance through the areas of the kidneys and bladder, with the weaknesses that come to the body."

TREATMENT PLAN:

1. Castor oil packs
2. Colonic irrigation
3. Kaldak
4. Diet - decrease red meat, more vegetables

COMMENTS: "Do these and we will **be rid of the headaches,** we will have bettered conditions in eliminations, we will remove much of the tautness in fingers and hands. If it is necessary, owing to the toxic forces, repeat the Castor Oil Packs. Some two or three series of these may be taken, but after each series take the Olive Oil internally and have the colonic irrigation."

3489-1 FEMALE 40 1/4/44

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood supply there are the indications of a form of anemia. This is partially from the interferences that have arisen by **pressures that exist in the transverse colon.** This has caused an activity in the areas about the **liver and the gall duct and pancreas** that is preventing the proper assimilation and the proper cooperation of the **gastric flows of the duodenum into the pyloric portion of stomach,** and the combination of the lactics through and from those glands in the cardiac portion of stomach. **Thus the headaches that have arisen at times come from the putrefaction or lack of proper digestion in stomach itself. And this passing in or through the duodenum, not being acted upon by the flows from spleen, pancreas and the gall duct,** causes gas and those tendencies for the accumulations that also upset the regularity in heart's activity. These are disturbances, then, as we find through the body. The impulses that have first caused these disturbances have come from **subluxations existent in the sacral and lumbar areas. These necessarily have caused a form of lesion in the 3rd cervical, and a lateral lesion in the 1st and 2nd cervical....** Brain forces are very good. It is unusual that there have not come greater distresses in the organs of the sensory system from these subluxations; though at times these activities are not in perfect coordination. Things don't taste just right at times. **This is because of the pressures in the 2nd and 3rd dorsal sympathetically from the 3rd cervical. There are periods when the headaches occur and noises in head, the vision becoming disturbed - not impaired organically,** other than the regular disturbance that comes from use, age, wear, or general debilitation.

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic treatment
3. Laxative diet

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4. Alternative mineral and vegetable laxatives as needed
5. Acigest
6. Calcios
7. Constructive attitude - be good for something

COMMENTS: Note toxicity and effects to digestive system from colon. The osteopathic recommendations gave specifics for alternating relaxing and stimulating (corrective) treatments: "After the system has been purified by the colonics (not before), begin with making correction osteopathically of those sublaxations in the 3rd cervical, 3rd, 4th and 5th dorsal, 9th dorsal, and through the lumbar and sacral axis. These should be very thorough treatments, relaxing the body twice to one period of making adjustments and stimulating treatments." With regard to diet, "Go slow on nuts until after at least the second colonic has been given, else the body might have a **headache spell.**"

3525-1 FEMALE 44 1/6/44

ETIOLOGY AND PATHOPHYSIOLOGY: "The blood supply is high in the pressure. This is produced in the greater part by pressures that exist in the transverse and descending colon, and by too much flesh for the body-functionings - as through the abdominal areas. These are the sources, then, of the disturbance - the obesity, the plethoric conditions in colon, and the effects these produce upon the general system. As to the nerve forces - the pressures are produced in the central nervous system, especially through the areas in the 9th dorsal, so that we have a high blood pressure and an uneven flow of the blood back to the heart and the other organs.... (Q) **Are the dizzy spells and headaches caused by any serious condition? (A) Caused by this circulation that is so slow in returning to the activity of the central circulation - heart, lungs, liver, kidneys. And this produces, by this slow circulation, the extreme high blood pressure.**"

TREATMENT PLAN:

1. Colonic irrigation
2. Massage with electric vibrator
3. Grape juice diet for obesity
4. Weight reducing diet

COMMENTS: Toxic bowel was often linked to circulatory problems in the Cayce readings.

2995-2 FEMALE 26 1/10/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there have been those periods when through **the organs of the pelvis, through cold and congestion, neuralgia of the womb has developed. This has caused an adhesion that has brought about disturbances at the menstrual periods.** This in turn, from and **through reflexes to the abdominal area,** causes heaviness in the caecum and in the left side and the ovarian areas. With the reflex of the nerves through same - there are produced **abdominal pains and headaches** and quickening of the pulse."

TREATMENT PLAN:

1. Violet ray with vaginal applicator
2. Glyco-Thymoline douches
3. Osteopathic treatment (relaxing)

COMMENTS: Note menstrual association and reflexes from pelvic organs producing abdominal pain and headaches.

3550-1 FEMALE 62 1/11/44

ETIOLOGY AND PATHOPHYSIOLOGY: "First, the blood supply indicates the **toxic conditions that exist through alimentary canal,** also disturbances in the manner in which the **liver is involved - or the hepatic circulation.** Hence **reflexly** from this, we have a **disturbance through the duodenum** that causes the formation of gas, the lack of proper digestion, with

disturbances throughout the alimentary canal at times conditions in the kidneys and in the **gall duct area,** as well as the disturbances from the **acidity that is formed through the alimentary canal and especially the colon,** with reflexes in the lymph - throat, bronchi, head. **Thus headaches come at times in the temple, at other times between the eyes, and again at the top of the head. All of these are the attempts of the nervous system to give warning as to the disturbances existing through the whole of the alimentary canal....** We find there are periods when the body has acute pains through portions of the body, as indicated from the **headaches.** At other periods there is not so much pain but a tendency for the inability for the body to sleep or to rest well. At other times the body becomes distressed about things when apparently there is no reason for it, but is just disturbed throughout - whether asleep or awake.... **Reflexes** to the throat and bronchi give a great deal of trouble, because of **acidity in the system.** There are tendencies for accumulations in lymph that find expression at times in throat and bronchi as if needles or pins were sticking in the throat. Then at other times there is the effect as of a burning in portions of the stomach, duodenum, and throughout the whole alimentary canal.... (Q) Why does the heart get so easily upset? (A) **The hepatic circulation - that is, the liver and kidney circulation upsets the heart circulation.** For the lungs, heart, liver and kidneys are the central circulation. Inflammation through the throat and lungs is only sympathetic. **Inflammation in the gall duct area and the duodenum upsets the liver and kidneys. Naturally the heart is sympathetic to whatever is about it, both as to the sympathetic circulation and the central circulation.**

TREATMENT PLAN:

1. Glyco-Thymoline taken orally
2. Abdominal castor oil packs
3. Fume baths with witchhazel followed by massage
4. Colonic irrigation
5. Diet - more raw vegetables, less red meats never fried, no citrus until internal cleansing is done
6. Hemorrhoid ointment

COMMENTS: Inflammation in the gall duct is the primary cause that produces problems throughout the alimentary canal, hepatic systemic and reflexly to the head. The treatment plan in this reading provides an excellent model for internal cleansing and decreasing systemic hyperacidity. Note the various symptoms associated with hyperacidity and systemic toxicity.

3268-2 FEMALE 53 1/13/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are disturbances of rather an insidious nature. These are in the form of that which is producing a type of **strep in the blood supply.** It is not that which causes inflammation in each reaction, but about every fifth corpuscle attack is turned to strep that has the twist that **gives infection as it passes in the liver and the spleen.** These cause temperature and, most of all, the depression in the sympathetic nervous system. This is an oriental type, yet it is that which has been latent in the body.... (Q) Is the Oriental disease "Sprue" responsible for frequent sore mouth? (A) As indicated, this comes from an infection in the blood that causes most of the disturbances, whether in throat, nose, mouth or stomach. It had better be in your mouth though, than in your stomach! (Q) **What is the cause and what will prevent severe headaches? (A) The stomach, from those poisons from the liver and spleen.**"

TREATMENT PLAN:

1. Herbal tonic containing Yellow Dock Root, Burdock Root, Snake Root, Cincho Bark, Buchu Leaves, Podophyllin, Balsam of Tolu, Syrup of Horehound, Wild Cherry Bark

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2. Diet - keep away from salt water fish; eat wild game
3. Rectal injection of glycerine, carbolic acid, Usoline compound if tonic does not remove infection

COMMENTS: Note infectious etiology in this case with complex tonic to remove strep from blood. The question of food allergies came up: "(Q) Am I allergic to certain foods? (A) If you imagine it, you can be allergic to most anything, if you want to! But these conditions in the present come from strep in the blood."

3564-1 FEMALE 44 1/17/44

ETIOLOGY AND PATHOPHYSIOLOGY: "In giving the interpretations of the physical disturbances here, these we find are **running very true to astrological aspects of this body**. We find a body inclined towards anemia, with a tendency for the digestive forces to be easily upset. There is the **inability, as it were, of the stomach to empty the foods properly**. This is inclined to make for formation of gas and those distresses caused from lack of proper flow of the acids, or proper distribution of acids and the alkalines from the glands in the mouth and the upper or the cardiac portion of the stomach. **Thus we have periods of headaches**, colds, disturbances through the lymph circulation in the face, the antrum, mastoids, the throat, the tonsil area and the back portion of nasal passages.... **All of these are general results of what might be called inhibitions. Or the body being inclined to close in on itself. Timid, lack of self-expression.**"

TREATMENT PLAN:

1. Increase self-expression and get over inhibitions and emotional suppression, change of environment
2. Steam bath and massage
3. Calcios
4. Kaldak
5. Diet - plenty of raw vegetables

COMMENTS: Note astrological correlation at the beginning of the reading. The psychosocial aspect of this case was explained: "Too oft has the body been closed in; that is, the body has been too sedentary in its activities. It should be out of doors more; holler, yell more, for the fun of it! The body has wanted to many times and never has to the full extent in its whole experience, **since it was sat upon by somebody** - it hasn't ever liked very well since. But the body needs to change its environment, to be where it will meet lots of people and have to do a lot of talking and a lot of explaining to people that you realize don't know near as much as you do, and give to those who think they know a lot. If you will only realize it, you know a lot more than they do - on any subject." The massage instructions were very specific: "Do knead from the left side, the area of the stomach, toward the right side, pulling up the upper portion of the liver; so that we empty the stomach well. And we will change these conditions so that the end of the esophagus will "up" a bit and the stomach will empty much better." Finally, the following comic relief that indicates the psychosomatic dimension of this case: "(Q) Is there likelihood of bad health in March? (A) If you are looking for it you can have it in February! If you want to skip March, skip it - you'll have it in June! If you want to skip June, don't have it at all this year!"

3570-1 MALE 61 1/17/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There was first an **overloading of the body in some times past, that caused liver, the gall duct, the pancreas and the spleen to produce incoordinations** - or an **excess of certain characters of acids** that would not coordinate with the lactic acids of the stomach - causing **ulcerations in the pylorus portion of the stomach**.

Then, these being altered to where there has been rather the vegetable and fruit diet, while changing a great deal in other portions of the body, are still now forming the sources of the disturbance in the **lacerations that exist in the pyloric portion and the smoothing of the walls of the duodenum, until there is scarcely any activity in the jejunum and the colon of peristaltic movement**.... (Q) Are **frequent severe headaches** and soreness in back of neck caused by faulty elimination and is shortness of breath and rapid heart pulsation, usually accompanied by gastric disturbance, traceable to the same source? (A) The conditions in the **stomach and duodenum, the lack of foods being properly digested. This causes the fermentation that prevents peristaltic movements of any character through the alimentary canal. This causes the headaches and the pressures on the back of head**, for these are in the area - you see - of the upper lacteal ducts."

TREATMENT PLAN:

1. Small doses of olive oil
2. Sal Hepatica
3. Peanut oil taken orally
4. If constipation, take Eno Salts or Rochelle salts laxative
5. Abdominal castor oil packs
6. Beef juice and chicken broth and add meats with fruits and vegetables
7. Attitude adjustment

COMMENTS: Dietary extremes were cited as a primary causal factor. The question of food sensitivity to grains was raised: "(Q) Why can I not digest grain starch, whole wheat, rye etc.? (A) Because of the lack of the proper chemical balance and the flow of lymph through alimentary canal. Hence the oils that should be added of the character indicated and in the way suggested for it to be taken." Olive oil was sometimes recommended in cases of leaky gut syndrome to heal the intestines which may have been the case here with regard to the intestinal ulcer. This man was also suffering from eczema, a skin condition that can be produced by intestinal dysfunction. Finally, the following mental/spiritual advice was given: "(Q) Considering my age of sixty-one, what is condition of general health? (A) You can be forty percent better. Why not try it? You'll be happier, you'll do much better work for others. Do that. Be good for something and not merely just good. Be in the position where what you preach you practice, and what you practice is applicable to everyone and not to just a few who think like you do."

3598-1 FEMALE 57 1/21/44

ETIOLOGY AND PATHOPHYSIOLOGY: "... disorder through the activities of the **hypogastric and pneumogastric reactions** - owing to a **pressure in the 5th and 6th dorsal centers** that causes an excess of activities in the glandular forces associated with the upper portion of the duodenum and the pyloric portion of the stomach. Thus we have regurgitation of the acids in the system. These are gradually causing lack of proper assimilation through the activity in the duodenum. Thus disturbances and disorders are caused at times in portions of the alimentary canal. Then, there is the lack of proper eliminations from the colon itself. **Organically we do not find great disorders, though - owing to this disturbance - there are headaches, acidity in the stomach, at times improper flow of the bile duct and the activity of the pancreas and spleen to digestive juices for the body.**"

TREATMENT PLAN:

1. Osteopathic treatment (5-7D, 3C, 9D and lumbar axis)
2. Charcoal tablets
3. Glyco-Thymoline taken orally
4. Ipsab for gums

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COMMENTS: Spinal lesions producing gastric hyperacidity was the primary etiological factor in this case. Note associated problems created down through the rest of the digestive tract.

3400-2 MALE 39 1/23/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Here we find some complications - the effects of or **the beginning of migraine headaches. Most of these, as in this case, begin from congestions in the colon. These cause toxic conditions to make pressures on the sympathetic nerve centers and on the cerebrospinal system. And these pressures cause the violent headaches,** and almost irrational activities at times. These, as we find, should respond to colonic irrigations. But first, we would x-ray the colon, and we will find areas in the ascending colon and a portion of the transverse colon where there are fecal forces that are as cakes. (Q) Is any of this trouble due to allergy? (A) **Some of it is due to allergy, but what is allergy?** These are the **effects of the imagination upon any influences that may react upon the olfactory or the sympathetic nerves.** If we will cleanse the system, as we find, we should bring better conditions.... (Q) **What mental factor is responsible for the disturbance in the subject's head?** (A) **Those pressures, as indicated, between sympathetic and cerebrospinal system, and these arise from the condition in the colon. X-ray it [the colon] and you'll find it."**

TREATMENT PLAN:

1. Colonic irrigation
2. Radial appliance
3. Osteopathic treatment (relaxing - 1-3C, 6D, lumbar axis)

COMMENTS: This is a significant migraine reading describing a common pattern in migraine from the Cayce perspective. Note the disbelief of this man that toxic bowel could produce pain in the head. Also note the suggestion for colon X-ray to verify diagnosis. Finally, note the discussion of food allergies and the psychosomatic component identified by Cayce. This was a common explanation in many readings on allergies. A background report stated that "He obtained 3400-1 for agonizing pain in right forehead just back of right eye. He indicated that he also had asthma and bronchial trouble. His doctor asked whether the condition was migraine headaches or tic douloureux."

3596-1 MALE 39 1/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "In the blood supply we find disorders indicated in liver and kidneys, and those activities that cause disturbance through heart, also as to the lymph and emunctory circulation in the soft tissues - face, throat, abdominal area, and in the lower portion of the prostate areas. By their very nature these give distresses, of course, very much in the form of **rheumatic reactions at times; bad taste in the mouth, headaches, some sleeplessness at night.** All of these become a part of the disturbance."

TREATMENT PLAN:

1. Hydrotherapy - cabinet sweats, needle showers, Sitz baths followed by rubdown
2. Colonic irrigation
3. Laxative - Eno Salts, Rochelle Salts, or Sal Hepatica
4. Osteopathic treatment including draining gall duct
5. Basic diet - avoid red meats

COMMENTS: Systemic toxicity was primary factor although mental attitudes may also have contributed: "(Q) Would a change of vocation be helpful? To what? (A) This is not part of the condition, but only as the mental attitude towards such gives an effect." Note osteopathic drainage of gall duct only after hydrotherapy and laxatives.

3610-1 MALE 59 1/26/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there have been those tendencies for **undue accumulation in lymph pockets** through the body, and there has been the forming of a pocket in **the soft tissues in the left area below the kidney - just above the lower portion of the pelvic area.** Here we have at times a tiny bit of swelling, but at other times quite a bit of pain. **This reflexly causes disturbance to the activity of the kidneys, at other times in the eliminations through alimentary canal. At other times, it gives headaches and makes the body nervous and cross.**

TREATMENT PLAN:

1. Osteopathic treatment
2. Electric vibrator along spine
3. Glyco-Thymoline packs on spine with hot salt packs instead of electric pad
4. Diet - plenty of raw vegetables

COMMENTS: No cause for the accumulation in lymph pockets was given. Note swelling and pain in pelvic area producing reflexes to head, etc.

3597-1 MALE 38 1/26/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These areas from the **incoordinating of the cerebrospinal system and the sympathetic reaction, especially as related to the circulation between heart, lungs, liver and kidneys.** ... First we find that the **blood supply varies as to the pressure and the pulsation.** For there are periods when disturbances arise from **lack of circulation and there comes a lower or a higher or variable temperature** - there are periods it is subnormal, others when it is abnormal. **These cause nausea, headaches,** the feeling of being oppressed or depressed, or both. These are the reactions between impulses and conditions that exist with the body. In the nerve forces of the body, we find the sources, in a manner, of the disturbances; that is, sources of deflection at least, in the **centers where cerebrospinal and sympathetic coordinate the better - 2nd and 3rd cervical, 3rd and 4th dorsal, 9th dorsal, lumbar axis.** These are areas where this dis-association or lack of coordination reflects more."

TREATMENT PLAN:

1. Herbal tonic - Yellow Dock Root, Snake Root, Prickly Ash Bark, Buchu Leaves, Mandrake Root, Tolu of Balsam
2. Fume bath with witchhazel followed by massage
3. Basic diet
4. Constructive attitude

COMMENTS: An infectious/psychosomatic etiology is given in the follow-up questions: "(Q) What caused the recurrent susceptibility to illness? (A) As indicated, this incoordination between suggestive forces and central nerves and blood supply, producing reflexes in the organs indicated; carrying, though, those tendencies of malaria or undulant fever, as strep in blood. Thus the purifier, thus the corrective conditions ... (Q) Would it be advisable to have a check reading later? When? (A) Let's wait until later and then we can tell. This will depend upon whether there is response by the body. This is part of the consciousness to be gained. See, the disturbance is between the suggestive and the reality of the central system. They don't get along always well together. (Q) Any mental or spiritual advice to help meet this condition? (A) The making of the activities of the body and the mind useful is the means of contributing to the well-being - the body, mind and soul coordinated. Thus coordinate the activities of the physical through which each portion of those sympathetic associations would coordinate. If you will do these we will get help." Cayce identified the sympathetic system as being a conduit of the unconscious mind

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and amenable to suggestion from within and without. Hence, whether by mental suggestion or physical treatment, the suggestion can be acted upon by the sympathetic in its relation to the central nervous system and organs of the body.

3607-1 FEMALE 63 1/28/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There is the lack of proper assimilation. Thus the gastric flows at times are such that little or no digestion takes place in the upper portion of the stomach, or in the pyloric portion. For it empties so easily that **foods are caused to ferment in the duodenum and through the jejunum, and it often causes a colon disorder.** This, of course, is because of the blood supply but is produced by the lack of proper gastric flow, on account of the position of the stomach itself and the conditions that come to pass owing to its position and the emptying of same.... In the nervous system these strains or pressures naturally arise from lack of proper coordination, lack of setting up of the proper conditions. **The tipping or the easy draining of stomach is from the lack of muscular contraction in the 6th and 7th dorsal area, as well as in the 3rd cervical and in the 4th and 5th dorsal.... Do these [treatments] and we will get rid of these headaches, the sour stomach, and - if these corrections are made - gradually the body will absorb or use or supply sufficient of the digestive fluids that the digestion will be better.**

TREATMENT PLAN:

1. Osteopathic treatment
2. Elastic belt (stomach support)
3. Ginger/ginseng/pepsin tonic
4. Basic diet - avoid candies, carbonated drinks and white potatoes

COMMENTS: Abnormal stomach position is cited in many readings with similar treatment recommendations. A background report stated: "What can be done for my eyes? I cannot read before my noon meal without a headache."

3612-1 FEMALE 45 1/28/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Here we find the incoordination between sympathetic and cerebrospinal system being the source of disturbances in the locomotories, and the inability for the body to carry on nominally. This is the basis or the beginning of agitans, unless corrections are brought about; or a wasting of the muscular forces, and such pressures as to cause the inability of the body to control the locomotories. Voluntary nerve reflexes become involuntary. These, as we find, are the conditions. **Acidity in the body, yes. The headaches, bad taste in the mouth, poor eliminations.** All of these are parts of the general disturbances.... (Q) **What causes the terrible headaches, first in one eye and then the other, during menstruation?** (A) **The general strain upon the body through the pubic center.** The massages should cover these areas, though from the back."

TREATMENT PLAN:

1. Fume baths with witchhazel followed by vigorous massage
2. Wet cell battery with camphor and Atomidine

COMMENTS: The headache in this case appears linked to menstruation. Also note systemic hyperacidity and digestive upsets. This was a neurologic syndrome, hence wet cell battery. The background reported stated: "All her life she has been subject to these terrific headaches which always come just before the menstrual period."

3630-1 FEMALE 53 1/30/44

ETIOLOGY AND PATHOPHYSIOLOGY: "In many respects the conditions here resemble migraine headaches, yet these

reach such proportions at times that there is the lapse of memory, that there is then the incoordination in certain areas where the imaginative and the retentive system are disordered, or so disturbed as to bring these lapses.... **As in most conditions of the nature of migraine or so-called headaches, the cause is in the colon - where there are patches of adhesions of fecal forces to the walls of the intestine, causing activities that come in general cycles. These may come at times regularly, almost so that you could set this by your clock at times; for it is as the regularity of the system itself.**"

TREATMENT PLAN:

1. Colonic irrigation
2. Massage after colonic
3. Radial appliance
4. Diet - predigested or semi-liquid
5. Attitude adjustment - stop self-pity by helping others

COMMENTS: Note pattern of idiopathic migraine. The instruction for colonic irrigation were unique: "Possibly eighteen of such colonics should be given, not too often in the beginning - and do not use them without the Petrolagar being used in the first waters injected and the Glyco-Thymoline in the last waters." Also note cause of depression: "(Q) Will the treatment suggested also remove the spells of depression? (A) This is the source of them - as indicated - the toxic forces or poisons, and the lapses, when there are those tendencies for over-anxiety and the feeling sorry for self. Feel sorry for someone else, not for self! Plenty of individuals in much worse fix than the entity! Try to do something about it, not merely in just thinking about it, but doing something materially - and it'll help you as much as or more than it will help those you try to help, though you may minister to their lacking in the better balance. A background report stated: "I have periodic 'sick headaches', waking in the morning with an aching head, particularly concentrated at the back of the neck where it feels sore and congested - often a toxic feeling around eyes. I have a sickish feeling in the stomach the discomfort extending both above and below. There is almost always gas in both stomach and intestine. Sometimes bad taste in the mouth. Thinking it might be imperfect elimination I began taking bran with breakfast last June and had no attack for almost five months. Then they started again growing progressively frequent and more severe in November. Last week the headache and sickish feeling lasted three days and was accompanied for the first time by dizziness. On the fourth day dizziness and headache let up but it was over a week before my gastro-intestinal tract felt normal. For the first time (after the above symptoms had gone) I had soreness in parts of my mouth and I felt as if the whole tract from the throat down were irritated and disturbed. My throat felt thick and coated. My appetite is almost always unimpaired and excellent, as usual, during these attacks, but I never know what to eat or what to avoid."

3624-1 FEMALE 39 1/31/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These are **primarily the effect of a despondency and a nervous shock** to the whole system, though the **assimilating system has become very much disturbed.** At times the appetite is so little, at other periods the body feels ravenous, but a few mouthfuls taken and there is almost nausea, if there's the attempt to go farther.... These as we find, are the basis or sources of the tiredness, the restlessness, the insomnia at times, **the headaches,** the general drain on the system; producing a form of anemia that may become very disturbing unless measures are taken to correct same.... (Q) Are endocrine glands functioning properly? (A) **Endocrine glands here are not the sources of the trouble, but in the assimilation or in the liver, the pancreas, the spleen and**

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as related to the activity between the pylorus and the lower portion of the stomach. (Q) Do I have a mental disorder? (A) No! Do as has been indicated, and we will be relieved of these disturbances - the headaches, the tiredness, and the general "don't care" attitude. Be purposeful, be good for something.

TREATMENT PLAN:

1. Attitude adjustment through prayer, meditation and application
2. Osteopathic treatment (relaxing treatment to set up drainages)
3. Kaldak

COMMENTS: Here are the instructions for the attitude adjustment: "First, here, begin with the mental attitude. For here there must be more purposefulness, more general planning in the hopes and desires of the mental and physical body. The spirit is willing, the flesh has proven weak. We would begin first, with the formulating of policies and attitudes for the balancing of the life principles and purposes. It is just as necessary that there be food for the spiritual and mental man as for the physical man - and this applies to self. Take time first to be holy. Don't let a day go by without meditation and prayer for some definite purpose, and not for self, but that self may be the channel of help to someone else. For in helping others is the greater way to help self. Do take plenty of time for rest. Do take time for plenty of definite labors. Working with the husband is very good, but here you often get cross and are in a manner closed from some associations and activities. But take time to work, to think, to make contacts for a social life and for recreation. This old adage might well apply: After breakfast, work a while, after lunch rest a while, after dinner walk a mile. This as a recreation may be a helpful, balanced experience for this life. As these purposes are set in motion, let it not be "Well, I'll do this sometime" but set all of these in motion for at least a week." The specific osteopathic technique for setting up drainages has become known as the third cervical release. Here is the quote: "And then go to a good osteopath who will relax the whole body; not trying to stimulate but to set up drainages. One of the best methods, even for the osteopath, whether he's ever tried it or not, he will find what it will do here: When the body is upon the back for the treatment, raise the head and place the fist on the 3rd cervical, and let the body rest full weight, even pressing gently - not hard, but gently - until the body does relax. Hold the fist there for a minute, two minutes, and after a while it may be two and one half to three minutes. This will drain, as it were, the whole system; setting up better eliminations throughout the whole body."

3622-1 FEMALE 29 1/31/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These arise primarily from the **after effects of flu, intestinal flu which has caused a colon irritation - or fecal forces not being eliminated from the body.** This has gradually produced a plethoric condition in the ascending and a portion of the transverse colon, with a tendency for **prolapsus in the descending colon.** Thus these effects are produced in the body. Mostly the effects have been attempted to be relieved without removing the sources of the disturbance. They produce tiredness, weakness through the body; at times easily excited, nervous, and this has upset the endocrine glandular system. This has also produced disorders through the **increased quantities of acid through the alimentary canal,** causing a burning sensation at times through portions of the jejunum.... (Q) Will these treatments relieve the **severe headaches,** also eliminate the year-around hay fever? (A) They will."

TREATMENT PLAN:

1. Colonic irrigation

2. Neuropathic massage, especially abdomen, liver, caecum, transverse colon and along spine

3. Charcoal tablets

4. Elixir of Lactated Pepsin and Milk of Bismuth

5. Basic diet - avoid too much starches and sweets

COMMENTS: The etiology involved after-effects of intestinal flu settling in colon. The background report stated: "Mainly I want to know what to do about my headaches which I have been having for the past 4 yrs. They are so often and so severe that I feel at times as if I would be driven insane. The doctors have only told me they are nervousness and can not even give me relief.... I think possibly the hay fever and headaches come from the same cause.... I have quite a bit of trouble with my back and right shoulder and would like to know what to do for a tired feeling I have. "

3675-1 FEMALE 28 2/17/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These arise primarily from a specific disturbance, as well as general conditions, causing periodically the **headaches,** the nausea, the rundown feeling, the tendencies for colds and disturbing activities. There are those **adherences in the organs of the pelvis of the womb to the side or the wall of the vagina.**"

TREATMENT PLAN:

1. Osteopathic treatment for lower spine

2. Gynecology

COMMENTS: The gynecological referral was "Go to a doctor - a good gynecologist, to be sure! These areas need to be packed and straightened and put in position."

3451-2 FEMALE 45 2/18/44

ETIOLOGY AND PATHOPHYSIOLOGY: "**The massage should keep down the headaches, and now the whole general strength of the body should begin to return. The conditions which have arisen in the general nerve system, the imaginative system from the operative measures,** are gradually being corrected. It will be some time before the nerve cellular forces and glands are entirely rid of **the effect of the anesthesia,** but this will gradually come with the loosening of the ganglia and centers. These treatments have been very well done and these should even hasten this reaction.... (Q) Is the healing and correction inside abdominal cavity, due to operation last September 15th, progressing satisfactory? (A) As indicated, yes."

TREATMENT PLAN:

1. Osteopathic treatment

2. Massage

3. Atomidine

4. Basic diet

COMMENTS: No specific cause for the headaches was given beyond general debilitation produced by abdominal surgery.

3678-1 MALE 19 2/19/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are disturbing conditions in the general physical forces of the body. These are the result of **incoordination between the eliminating systems of the body.** Thus there are upsetting conditions that arise from **poisons not being eliminated through their proper channel.** These are caused by the clogging of glands within the active forces of organs themselves, with the result of **fecal forces in the colon.** These are the causes of the **rash on portions of the body,** the effects of **nausea in the system or the stomach being upset at times,** and the irritations that come to the body in various ways.... (Q) **Do the headaches come from this same toxic condition?** (A) **As just indicated,**

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the incoordination of the eliminating systems is the cause of those disturbances throughout the system."

TREATMENT PLAN:

1. Sulphur, cream of tartar, Rochelle salts laxative compound
2. Hemorrhoid exercise

COMMENTS: Toxic colon was cited as cause with effects to skin, digestive system and headaches.

3699-1 MALE 50 3/17/44

ETIOLOGY AND PATHOPHYSIOLOGY: "That the body has been under a general nervous strain is indicated throughout the activities of the organs as well as reflexes in the sensory reactions. Thus we find that there are those conditions existent such **that incoordination between the cerebrospinal nervous system and the sympathetic system may be said to be the source or cause of the disturbance.** Thus the general frustrations that occur at times, when - with the exercise physically or mentally - there is a general feeling of an "all over" exhaustion. This causes, reflexly, upsetting of the digestive or assimilating system, at times causing **lack of activity in eliminations, thus setting up poisons or toxic conditions through the body....** These incoordinating areas are where the sympathetic and the cerebrospinal systems have their greater associations in connecting or coordinating one with another - in **the 3rd cervical, the 2nd, 3rd and 4th dorsal, through the lumbar and sacral areas. Hence physically, or pathologically, we have at times not so much a headache but a dullness throughout the area of the lower portion of the brain,** with at times the sniffles, at other times a fullness in throat, at other times a heaviness across the central and lower portion of the lungs."

TREATMENT PLAN:

1. Fume bath followed by Swedish massage

COMMENTS: Mental confusion and dullness were also mentioned in this reading describing mild headache.

494-6 FEMALE ADULT 3/23/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As indicated, the occasional sweats with the massage and osteopathic adjustments, the setting up of better **eliminations through the alimentary canal** will keep the body in a better condition; eliminating tiredness and **headaches** and the greater expression of other distresses."

TREATMENT PLAN:

1. Osteopathic treatment
2. Fume baths followed by massage
3. Laxative (alternate vegetable and mineral laxatives)
4. Basic diet

COMMENTS: Systemic toxicity was given as cause of headaches.

2966-2 FEMALE 55 3/23/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the **subjugation of the general nerve systems there have come changes in the eliminating channels of the body, or there are those disturbances from the menopause....** Thus we may refrain from having these disturbances with the **headaches**, the cold and hot flashes, the irregularity of the heart, the feelings of portions of the body going to sleep easily.

TREATMENT PLAN:

1. Rest and relaxation
2. Shortwave therapy
3. Massage

COMMENTS: Poor eliminations and menopause were listed as contributing to headaches.

4015-1 FEMALE 40 3/23/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the greater disturbance here is the **after effect of an attack of intestinal flu** that has **produced inflammation through the alimentary canal**, so that in and through the colon there are those tendencies for all foods taken to cause gas formations, giving suppressions to the activities of the organs of the central blood supply and nerve supply; affecting at times the lungs, heart, liver and kidneys. **Yet the causes are through the colon area....** (Q) Will this treatment eliminate the trouble with the **sick headaches which occur each month or sometimes more often?** (A) **These occur from the pressures indicated with these activities of the Periods combined with the condition through the colon.** These treatments should clarify and rectify those disturbances, bringing better conditions for the body."

TREATMENT PLAN:

1. Colonic irrigation
2. Ginseng/ginger tonic

COMMENTS: The ginseng/ginger tonic was standard for after-effects of intestinal flu. Note that the menstrual cycles were also listed as a contributing factor for the headaches. The background report stated: "The trouble has been diagnosed as toxic hyperthyroid, yet treatment for same does not relieve the terrible sick-headaches which occur each month or sometime oftener."

3900-1 FEMALE 33 3/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there are conditions that cause a great deal of anxiety and disturbance to the body functions at times, **upsetting the body during the periods and causing distress especially through the duodenum and portions of the jejunum; producing headaches at such periods,** easy tiring of the body, and **the very poor eliminations or tendencies towards aggravations throughout the colon areas."**

TREATMENT PLAN:

1. Sinusoidal therapy
2. Shortwave therapy (2D, 3D and over gall duct area)
3. Osteopathic treatments (relaxing)

COMMENTS: Digestive system dysfunction and poor eliminations produced headaches, especially at the menstrual periods.

3901-1 FEMALE 20 3/26/44

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that there has been for some time past a **suppression that has deflected the circulation through the liver and gall duct area.** There has gradually grown disturbances, which with the inactivity of these organs in their proper relationship to the others, has caused an altered circulation - that **attempts to eliminate poisons through the respiratory and perspiratory system which should be eliminated through the alimentary canal.** Thus the functioning of these **portions of the circulation towards the eliminations has been altered.** Hence the poor circulation through the extremities, causing undue amount of perspiration under the arms, in groins, hands, feet and the like that becomes very disturbing to the body. **Thus toxic forces are necessarily caused that are beginning to produce at times improper digestion, headaches,** and general disturbances through the functioning of eliminating organs."

TREATMENT PLAN:

1. Osteopathic treatment (6D and upwards and later drain gall duct)
2. Glyco-Thymoline packs over liver/gall duct with heating pad
3. Massage after pack
4. Glyco-Thymoline taken internally

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5. Sinusoidal treatment over liver/gall duct
6. Diet - no heavy pastries, little meat
7. Jerusalem artichoke

COMMENTS: Liver/gallbladder dysfunction was main focus of treatments.

A physician's report with this file concluded: "Reply to Questionnaire by Mrs. [3901]'s osteopath, Dr. Bernice Harker: Chief Complaint: Headaches and backache, esp. upper thoracic, past 2 or 3 years. Lack of energy; excessive perspiration. Physician's Provisional Diagnosis: Sluggish metabolic condition, evidence by poor quality of skin, causing tension of spinal muscles and ligaments in cervical and upper thor. areas, and severe headaches."

4023-1 FEMALE 66 3/27/44

ETIOLOGY AND PATHOPHYSIOLOGY: "We find that these began **some time back when there was poor eliminations** manifested in the body. While some conditions have been bettered at times these have left in **portions of the colon the disturbing conditions** that constantly - when there is an activity of the body on the feet or moving about to any extent - cause what has been **termed migraine headache or pressures upon the 5th nerve; so as to cause, as it were, all characters of nerve tension through head and face, teeth - or in gums, sinus, soft tissue of face and head....** Also from these disturbances in the colon there are diabetic tendencies, or there is the inability of the body to control the activities of sugars taken into the body. The use of sedatives only aggravates the varied disturbances produced in the body **by pressures upon the nerves produced from the plethoric condition in the ascending colon.** Hence the **pressures or fullness at times experienced by the body in the right side of the lower portion of the abdomen, extending at times almost across the body at the diaphragm area, or across the colon."**

TREATMENT PLAN:

1. Colonic irrigation
2. Radial appliance sessions with meditation and affirmations
3. Jerusalem artichoke

COMMENTS: Toxic colon was common etiological pattern in migraine. Note reference to 5th (trigeminal) nerve associated with migraine.

4008-1 MALE 41 3/28/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find there is a complication of disturbances, arising from the reflexes produced by the disturbances in this body. These are the effects produced from **segments being so static as to cause pressures that bring the varied reflexes to the activities of the sensory and sympathetic reaction upon the cerebrospinal system,** as they react upon organs under the direct control of the nerve and blood system. In those areas from **the 9th dorsal downward, we find suppressions, subluxations and segments that have become static.... (Q) What causes headaches? (A) Pressures in nerve system, the disturbance between sympathetic and cerebrospinal, and often arises from the periods of digestion not being well balanced."**

TREATMENT PLAN:

1. Hot peanut oil pack on spine before osteopathic adjustments
2. Basic diet - not too many starches or starch and protein combination
3. Charcoal tablets
4. Colonic irrigations

COMMENTS: Reflexes from the dorsal subluxation was cited as caused of headaches with unspecified involvement digestive system.

3386-2 FEMALE 39 4/5/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There are times when the activities of the **incoordination between sympathetic and cerebrospinal systems** cause upsets to the body; restlessness, indecisions, periods of disturbed digestion, **headaches** and general disorders through the body."

TREATMENT PLAN:

1. Milk of Bismuth and Elixir of Lactated Pepsin before meals
2. Osteopathic corrections (relaxing - 3C, 2-4D, 9D, lumbar)
3. Glyco-Thymoline pack over kidneys for pain
4. Jerusalem artichoke
5. No chocolate

COMMENTS: Nervous system incoordination cited as primary etiological factor.

5015-1 MALE 35 4/8/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These arise from an injury or a strain in the muscular forces of the area in the 9th dorsal center. This, as we find, causes the disturbance throughout the back, the tiredness to the lower extremities especially, and the inability of the body at times to concentrate - or it causes restlessness and upsetting of the digestive forces, making for general disturbance through the body.... (Q) **Would this [treatment - osteopathic massage] also relieve the headaches? (A) It will relieve all of the disturbances that have been caused by those pressures upon the nerve forces that make for incoordination between cerebrospinal and sympathetic systems."**

TREATMENT PLAN:

1. Osteopathic massage
2. Short wave treatment
3. Diet - emphasis on fruits and vegetable
4. Colonic irrigation

COMMENTS: Osteopathic massage coordinates cerebrospinal and sympathetic nervous systems by a rotary or circular massage along sympathetic chain.

5021-1 FEMALE 56 4/9/44

ETIOLOGY AND PATHOPHYSIOLOGY: "During the **last period of childbirth there were adhesions caused, in the lower portion of the caecum and in the areas about the appendix.** The adherence of tissue in these portions of the body causes the weakening of the body's strength, the upsetting in the digestive forces and the general **disturbances producing periods of headache,** the uncomfortable feelings through the abdominal area, pressures upon the circulation through the lower portions of body, the hot and cold flushes that are a part of the experience."

TREATMENT PLAN:

1. Abdominal castor oil packs followed by abdominal massage
2. Osteopathic treatment (massage)

COMMENTS: Note after-effects of childbirth on digestive system and headaches.

5020-1 FEMALE 47 4/10/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, these conditions have gradually grown much worse as **the impactions in the colon area have added to the congestions in the liver and gall duct.** These increase the **headaches, the sick headaches and nausea, hard headaches.** These, as we find, **are not migraine but they may become such unless measures are taken....** For the engorgement in the colon is upon the ascending and a portion of the transverse colon."

TREATMENT PLAN:

1. Aspirin as needed for pain
2. Colonic irrigation

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3. Castor oil packs
4. Olive oil taken internally
5. Electric vibrator massage
6. Diet - no fats or oils, increase green vegetables

COMMENTS: Note that the toxic colon condition may lead to migraine if not healed. The reading recommended decreasing codeine sedative with aspirin as this medication contributes to pathophysiology. The background report stated: "I will not bother you with too many details; will only say that about 12 years ago I started having the most excruciating headaches. I had some before, but nothing as bad. First the doctors thought of a tumor in the brain, then said it was neuralgia. But nothing really helped. Four years ago again, they spoke of tumor, then decided it was migraine; but still they say they cannot help. Then about 6 years ago, I had (was told by a doctor) gall bladder trouble."

1467-18 MALE 39 4/10/44

ETIOLOGY AND PATHOPHYSIOLOGY: "... in keeping the **eliminations** well, we will continue to have better conditions. When there are those congestions or conditions in which the body from one cause or another has an upsetting with the digestion, **headaches** or acute pains in some portions of the body, we would have a good, thorough, osteopathic adjustment."

TREATMENT PLAN:

1. Osteopathic treatment
2. Massage
3. Laxatives (alternate mineral and vegetable)

COMMENTS: Nerve pressures and poor eliminations were cited as primary causes of headache.

5024-1 FEMALE 67 4/13/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These have been a **gradual accumulation of poisons arising from poor eliminations**. These are particularly from **inactivity of the gall duct and the liver secretions**. The **accumulations through colon** cause a pressure that produces an abnormal pressure in the heart's circulation or the whole of central blood and nerve supply and the organs of same being involved more or less at various times. Thus the **reflexes that indicate at times the reactions of being quite tired, heaviness, shortness of breath, irregularity in heart's activity, the conditions through eliminations from the congestions in the liver area and the kidneys at times become particularly involved**. Except for the conditions in the gall duct area there is not an organic disorder, but the others in lungs, heart and kidneys as yet are purely reflex or active upon the functioning of the organs themselves. **The headaches, the conditions in the lower extremities are at times also the result of pressures upon the nerve forces through the circulation and the effects of poisons in system**.

TREATMENT PLAN:

1. Castor oil packs over liver and gall bladder
2. Colonic irrigation
3. Osteopathic adjustments
4. Basic diet - no fried foods with more raw foods
5. Violet ray therapy

COMMENTS: Osteopathic adjustments to focus on centers in the upper dorsals and cervicals for the setting up of drainages. Liver/gall bladder dysfunction caused toxic colon with systemic symptoms including headache. Note systemic features.

5017-1 MALE 42 4/20/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There was in times back an **injury or strain to the muscular forces in the areas of the 11th and 12th dorsal**. This extended to a **lesion formed in the lower portion of the 9th dorsal**. The pressure

produced there, between the sympathetic and cerebro-spinal systems, caused a slowing of the activity of the foods or digestive fluids first through the jejunum. Reflexly there has formed, then, the disturbances to the lower portion of the **gall duct area**. **Then we had toxic conditions** arising in the system from these suppressions. The **lesions formed along the right side, along the area of the 9th, 10th, 11th and 12th dorsal and extended sympathetically to the last lumbar** ... Then these are those effects produced: **poor eliminations through alimentary canal**, a tendency of a slow peristaltic movement in lower portion of abdomen at times, a disturbance at times in regard to a prostate disorder, catches in the sciatic area, the tendencies for the producing of acute pains... [with treatment] we will keep down those tendencies for periods of weariness, **headache**, tired eyes, and the general "all over" or "let down" feeling."

TREATMENT PLAN:

1. Osteopathic treatment
2. Short wave therapy
3. Colonic irrigation
4. Glyco-Thymoline packs over 9D downward for pain relief and alkalinity
5. B-1 complex vitamins

COMMENTS: Note complex reflex patterns produced by back injury.

5060-1 FEMALE 73 4/21/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Through the periods of activity the action of the **gall duct area has become, as it were, full of sediment; not so much stones but sediment**; little activity of the excretory functionings as to supply sufficient quantity of the bile for the digestion of foods or oils for the body.... Thus [with treatment] we will aid and **prevent the headaches, nausea, the shortness of breath** that occurs at times, make better eliminations, better activities through the whole system; gradually enabling the body to have the gall duct drained through the osteopathic method, you see.

TREATMENT PLAN:

1. Castor oil packs over gall bladder
2. Osteopathic treatments (relaxing - drain gall bladder)
3. Diet - avoid fats and heavy meats, increase raw foods

COMMENTS: Gall bladder etiology in this case with standard treatments for this problem.

3081-4 FEMALE 29 4/22/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There have been periods when the body has improved and then, with not the proper precautions as to diet or activities, the body has the troubles with the **headaches**, the conditions that have arisen through the system apparently return. (Q) What is causing the pimples on my face to become worse...? (A) Lack of proper eliminations. (Q) **What caused me to have such terrible pains in my head while taking treatments from the osteopath? (A) Because of the nature of the treatment! These should be relaxing, NOT stimulating! They are to set up drainages, not to increase the congestions! Until there are better eliminations the body will still have disturbance.**"

TREATMENT PLAN:

1. Osteopathic treatments (relaxing)
2. Sulphur, cream of tartar, Rochelle salts laxative
3. Basic diet

COMMENTS: Regarding the osteopathic treatments causing headaches: "(Q) Were any corrections necessary to be made by the osteopath? (A) Not corrections - the relaxing treatments should be given, not trying to make adjustments." Note systemic

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toxicity as well. See previous reading. The headache was on the top and side of head.

3358-2 FEMALE 30 4/23/44

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) So far there has been **no improvement in the headaches. What is reason for this?** (A) **The removal of the mucous through the colon area has not been sufficient to remove the sources of the headaches.** We would have sufficient of the colonics to remove these disturbances. (Q) **Are these headaches of karmic origin?** (A) **Karmic in the present, not in the sense of a long-drawn-out karmic condition. These are the result of a slowed circulation through the whole alimentary canal. That is why apparently sometimes lately the headaches have been more severe. The pressures being removed, there is greater impaction in areas in the colon."**

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic treatment

COMMENTS: Note toxic colon etiology in this case and failure of fully removing mucus and impaction in colon. See previous reading.

3242-2 FEMALE 53 4/23/44

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) What has caused the **nasal catarrhal condition, with severe sinus headaches occasionally?** (A) **This is from the poor circulation.** Thus massage, as indicated, that should be for the whole body and especially in the areas of the upper dorsals and cervicals, and in that area from the 9th dorsal to end of the spine. Take these treatments once a week for five to six weeks, then leave off a week or so, and then commence all over again."

TREATMENT PLAN:

1. Osteopathic massage
2. Eucalyptus inhalant
3. Glyco-Thymoline douches

COMMENTS: See previous reading.

5732-1 MALE 25 5/3/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Here we find, through the areas of the **lacteal duct and gall duct, adhesions** that cause these spells or the reactions and the **falling sickness....** These come from the portion of the **umbilical plexus where there was an injury in times back.** This will necessitate a delicate massage to break up these lesions, and these are to be given at least following each three-day series of the Packs, and especially should be taken when the **feeling of a little headache begins."**

TREATMENT PLAN:

1. Castor oil packs
2. Bromidia
3. Prayer

COMMENTS: Note co-morbidity of seizure disorder and headache, both typically coming from abdomen in the Cayce readings.

5734-1 FEMALE 45 5/4/44

ETIOLOGY AND PATHOPHYSIOLOGY: "... in their incipency, arose from one general cause, that of catarrhal conditions in the adenoids, causing a sinus disturbance added to same through the flow from this infection causing a catarrhal condition through the digestive system. Thus we have this upsetting condition in the digestive system, the **conditions in the sinus, headache, eyes, disturbance to ears causing noises in same** at times, poor circulation, poor elimination."

TREATMENT PLAN:

1. Castor oil packs
2. Benzoin/eucalyptus inhalant
3. Osteopathic treatment including gall bladder drainage
4. Short wave treatment
5. Diet - more raw vegetables
6. Laxatives

COMMENTS: Note sinus infection and resultant headaches. Sinusitis in the Cayce readings is often traced to liver/gall bladder dysfunction. Note treatment recommendations along these lines. A report with this file stated: "I was having headaches over my eyes, in the top of my head, and at the base of the skull.... I don't remember when I started having headache over my eyes. Those in the top of my head started within the last ten years. Nothing was ever done about them. Those at the base of the skull started about 5 years ago. The doctor said my eyes were causing them. When I had my glasses changed, the headaches ceased being prostrating, but they continued to come."

5052-1 MALE 30 5/8/44

ETIOLOGY AND PATHOPHYSIOLOGY: "**These as we find arise from a condition that exists through the alimentary canal, especially as part of the circulation in the colon. From the pressure there arises the periodic headaches** that are the source of the general nervous disturbance in the body. These as we find may be removed. They are the sources of those that are at times called the **types of headaches which refuse to respond to any of the ordinary treatments, and will become constitutional unless there is something done about it."**

TREATMENT PLAN:

1. Castor oil packs
2. Massage after packs with cocoa butter

COMMENTS: Note toxic colon etiology. The background report stated: "Wife's questions orally submitted to GD; and remarks: "(1) What may be done to eliminate his terrible headaches which come periodically? (2) What causes them? My husband has had these awful headaches since he was 14 years of age. At first doctors said it was his eyes. Later when the headaches were more frequent and appeared worse, they said it was sinus. Now they say they don't know what the trouble is, and that he will just have to try to get his mind off them. When the headache come on, it seems like there is a tightening and pounding in the head, and the tiniest noise sounds like a bass drum, and they blind him at times. Apparently the atmosphere has nothing to do with the headaches, as he gets them in a hot, dry climate also, but he can always tell when a storm is coming by the way his head feels."

1842-3 MALE 36 5/10/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the conditions in the general manner are improved. There is needed, though, more of the **stimulating of the centers along the spine to keep the better coordination between cerebrospinal and sympathetic nervous system.** We would continue occasionally with these adjustments, and such may be had at Raleigh.

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance

COMMENTS: See previous reading.

5114-1 MALE 60 5/13/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, disturbances here are such that unless there are those measures taken **to remove the disturbance in colon, we will not be able to control the headaches** nor will we be able to prevent those

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violent accumulations which may become very detrimental. (Q) **What is causing the condition of the nerves? (A) The accumulations of poisons from the inflammation through the colon. It causes the violent headache also.**

TREATMENT PLAN:

1. Colonic irrigation
2. Ginseng/ginger/ pepsin tonic
3. Neuropathic massage

COMMENTS: Note toxic colon etiology. This tonic is typical for after-effects of intestinal flu although that was not mentioned as a cause.

5111-1 FEMALE 35 5/15/44

ETIOLOGY AND PATHOPHYSIOLOGY: "For the lesions in the areas of the 6th and 7th dorsals make hindrances, more and more, in the activity of the lacteal duct, in the lower portion or in the left side and lower portion of the jejunum.

As these cause more and more lesions to form, or adhesions, greater and greater become the headaches and nausea and the weakness that comes with this, causing greater and greater pressures upon both the sympathetic nervous system and (is beginning to make pressures upon) the organs of elimination, the kidneys and bladder."

TREATMENT PLAN:

1. Abdominal castor oil packs
2. Glyco-Thymoline packs over same area on alternate days
3. Colonic irrigation
4. Osteopathic treatment (relaxing)

COMMENTS: The instructions for the relaxing osteopathic treatments were: "These should not be adjustments, but relaxing treatments, from the 1st cervical to the end of the coccyx, using the extremities as levers in the exercise of the abdominal areas, stretching the arms up, pulling the limbs and holding up and twisting out." The background report stated: "For 13 years I have had terrific headaches which aspirin or any common headache remedy would not alleviate. Each year they have grown steadily worse in intensity, and more frequent, until now I have one every day, sometimes only 18 or 20 hours apart. Gynergin, taken hypodermically, is the only drug that will stop them. The pain is intense, forming over either eye, causing the back of the neck to stiffen. Recently they have been accompanied by severe leg-ache. They bother me most frequently at night, waking me from sleep, although they will come at any time of the day, as well. All these years I have tried everything, been to Mayo's, and all doctors said they're migraine and can't be cured because they don't know the cause."

5093-1 MALE 43 5/16/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, have to do primarily with the activity through the alimentary canal and the effect upon the organs of the central nerve and blood supply, for these are all involved to a greater or lesser degree; lungs, heart, liver, kidneys, through the activities of the alimentary canal, and thus with all the stress put upon the cerebrospinal and sympathetic nervous systems, incoordination exists between these two nervous systems.... Irregularity in eliminations through the alimentary canal causes periods of hot and cold sensations and periods when headaches, eyes, throat and kidneys all give some disturbance."

TREATMENT PLAN:

1. Osteopathic treatment (relaxing)
2. Short wave treatment
3. Colonic irrigation

4. Diet - no carbonated drinks, little or no sweet especially chocolates, no fried foods

COMMENTS: Colon etiology noted in this reading in association with nerve reflexes from spine.

1129-4 FEMALE 40 5/20/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the energies and activities of the body are overtaxing the abilities of the body to meet resistance, as well as dominating the central nervous system and the sympathetic nervous system.... (Q)

What causes bad headaches at various times? (A) These as we find occur from the slow digesting of foods in the body."

TREATMENT PLAN:

1. Kaldak
2. Basic diet

COMMENTS: Note gastric etiology in this case. See previous readings

5130-1 FEMALE 48 5/20/44

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Are headaches caused from eyes? (A) Headaches are caused from eye strain. Do wear glasses and wear those that would show long distances, as well as those of reading glasses, or bifocals.

TREATMENT PLAN:

1. Osteopathic treatment
2. Short wave treatment
3. One-A-Day B-1 complex supplement
4. Wear glasses

COMMENTS: Osteopathic treatment was often suggested to improve vision. Additionally, the glasses were recommended in this case of eye strain. The background report stated: "I was fitted to glasses which I received a few days ago; they are helping my headaches."

5147-1 MALE 53 5/24/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There are periods when there are those aggravating headaches, which arise apparently from something disagreeing with the digestion. These are only part of the sources or causes, for we find, when there are sudden changes in atmospheric pressures, there are periods when the body apparently tends to take cold easily, and the soft tissue in the face and throat gives trouble. These are partially the greater source of the disturbing areas. For, with this sinus disorder, there is then a form of catarrhal reaction. This forms in the circulation that which tends to produce a greater amount of acidity throughout the system. This acidity causes those inclinations for cold and for the congestion in the liver and the kidneys."

TREATMENT PLAN:

1. Eucalyptus inhalant
2. Fume bath with witchhazel followed by massage
3. Short wave treatment
4. Constructive attitude

COMMENTS: Here is a quote on the role of the short wave therapy: "Also take during these periods at least four or five short-wave treatments. These should be applied to the areas through the brachial centers. These will aid in breaking up the tendencies and aid in better eliminations so that assimilations will be better, and the headaches and the disturbance in sinus will disappear. "

5200-1 FEMALE 56 5/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These, as we find, arise from conditions which exist along the alimentary

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canal. The greater portion of this exists in the **lower portion of the colon, as some of the sphincter centers, from nobules or a plethora gathering lymph and blood, and thus causing or producing hemorrhages** in those areas; bringing great distress by the very nature of their secretions and activities.... (Q) **What is the cause of the migraine headaches, which usually precede the rectal hemorrhages?** (A) **The conditions in colon. That is why these injections are to be given to heal the prolapsus in the ascending colon....** (Q) What is the cause of the trouble? (A) As has been indicated. This is as a forming of a tumor, but of a **lymph tumor in the lower portion of the colon area.** (Q) Is it karmic, or is it due to something in my life this time? (A) **These come from too much highly seasoned foods."**

TREATMENT PLAN:

1. Rectal injection of glycerine/carbolic acid/Usoline compound
2. Yellow saffron tea
3. Slippery elm water
4. Spiritual attunement

COMMENTS: Too much highly seasoned food producing lymph tumors in colon was cited as cause of migraine headaches.

5148-1 FEMALE 55 5/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There is **incoordination between the cerebrospinal nervous system and the sympathetic, especially as related to the emotional nature in the body-forces.** These physically or pathologically are in the areas of the **9th dorsal and the brachial center....** Hence we have periods when there is shortness of breath, as when climbing steps; or undue excitement would cause the same result. At other times we will have periods when there are those upsettings of the digestion, or **headaches as the result of disordered digestion.** At other times we will have disturbance when the kidneys and bladder are overactive, or less than their normal eliminations. These, we find, produce poisons in the system; that is, these **taxations that are not eliminated through the proper channels."**

TREATMENT PLAN:

1. Osteopathic treatment (9D, 1-6D coordinated with cervical axis)
2. Mullein tea
3. Eucalyptus inhalant
4. Diet - no sweets and starches, no carbonated drinks

COMMENTS: Although systemic effects were produced by spinal lesion, the headaches were said to come from "disordered digestion."

5199-1 MALE 39 5/31/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There have been **colds, congestions and with some disturbance to the lumbar axis there has been caused a formation of circular lesions at certain segments of the cerebro-spinal system. There are periods when there is general aching between the shoulders and back of the head, and headaches result."**

TREATMENT PLAN:

1. Osteopathic treatment
2. Radial appliance

COMMENTS: Spinal lesions were cited as primary etiological factor in this case. The background report stated: "I frequently have a stiffness, sometimes an actually hardened area, in the right back of my neck; this often develops a headache, creeping over the right side of my head and ending right behind the right eye. What causes it?"

5161-1 MALE 73 6/2/44

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) **What causes and what will be done to overcome headache?** (A)

These are the reflexes from incoordination in the central nervous system as related to cerebrospinal and sympathetic, as given, and the reflex to the sensory nervous forces.

TREATMENT PLAN:

1. Plantain ointment for hands
2. Vegetable laxative (senna based)
3. Mullein tea
4. Spinal massage with peanut oil
5. Constructive attitudes

COMMENTS: Nervous system incoordination was to be addressed by spinal massage.

5261-1 FEMALE 31 6/8/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There are those tendencies for the **position of the stomach to cause fermentation** which, in turn, causes a great deal of disturbance in the eliminations of the body. And it is from the **toxic conditions produced by this fermentation and conditions through the colon that the severe headaches are caused** as well as the sour stomach, an acidity through the mouth and throat, and such great anxiety at times to the mental processes; that is, the organs of the sensory system give a great deal of trouble by the pressures produced in body through the areas.

TREATMENT PLAN:

1. Osteopathic treatment (lift abdominal organs and apply elastic bandage)
2. Glyco-Thymoline taken orally
3. Colonic irrigation
4. Diet - easily assimilated

COMMENTS: The osteopathic recommendations for stomach position were specific: "We would have, first, at least two or three of the osteopathic adjustments, which would be tending towards lifting the stomach, the alimentary canal organs, to their proper position; and then using a brace of an elastic or just gauze wrapped about the body to keep these in position after such treatments osteopathically are given." Note that the disturbed digestive process and colon dysfunction produced headaches.

5210-1 FEMALE 22 6/14/44

ETIOLOGY AND PATHOPHYSIOLOGY: "For some time back, there have been those conditions which arise from a **misplacement of the womb.** This is partially from an **injury or a pressure** and this, with the periods, has gradually caused a great deal of distress.... All of these are from nerve **depressions which are produced upon the organs of the digestion,** so that even the **stomach itself is dropped; not in the sense that it is "out of line", but tends in its position to cause food to ferment!** There is a great deal of gas, apparently through duodenum and the upper portion of the jejunum; grumblings at times through the bowel. All of these become very disturbing to the body; tired, weakness which may follow the periods, with **headaches,** with a bit of nausea."

TREATMENT PLAN:

1. Treatment by osteopathic gynecologist to put womb back into position
2. Yogurt
3. Elixir of lactated pepsin and milk of bismuth
4. Colonic irrigation
5. Basic diet

COMMENTS: Note misplaced womb and subsequent dropped stomach. This lady asked about allergic reactions to foods which the readings traced back to nervous system reflexes, especially to the liver and kidneys. She also asked about her mental status: "Am I slightly mentally ill? (A) No, save as to who would be the judge. Every individual is slightly mentally ill to someone else."

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3395-4 FEMALE 63 6/17/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, in some respects, conditions have been on the improve, while apparently that **reflex from the general nervous system, which arises from the disturbances in the colon, which causes the severe headaches**, has been too severe an application; especially, of breaking through the short- wave, too long a period was given. This was given too much of a charge.... (Q) Have other treatments been properly followed? (A) Other than being too severe in some applications and not quite consistent in some others, see? **This has increased headache.**"

TREATMENT PLAN:

1. Decrease amperage on short wave treatments
2. Massage
3. Colonic irrigation
4. Diet - not too heavy

COMMENTS: Headache has colon etiology but improper treatments worsened the headaches.

3051-6 FEMALE 46 6/19/44

ETIOLOGY AND PATHOPHYSIOLOGY: "(Q) Is aspirin as good as anything to take for migraine and am I working out of this condition? (A) It is good as any but when we remove entirely the **conditions through the colon we will have less and less of the headaches; for this is not true migraine.**"

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic treatment
3. Basic diet - especially raw foods to increase eliminations
4. Ideals exercise

COMMENTS: Note colon etiology. Apparently reflex to the 5th cranial nerve (trigeminal) was not involved in this case, thus Cayce did not regard it as migraine. See previous readings.

308-13 FEMALE 20 6/26/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Do this [exercise] regularly and it'll keep this body physically fit. **It'll get away from those headaches, those tendencies for foods to remain in stomach or undigested too long.**"

TREATMENT PLAN:

1. Abdominal exercise

COMMENTS: See previous readings. Here is the full description of the exercise intended to improve digestive functioning and thus eliminate headaches for this woman. "We would find now that a regular exercise would be helpful, but don't start this and then do it for a day and then skip two or three days and then try it again; either do it regularly or don't begin; an exercise the body may take itself. This take for about two minutes morning and evening; evening after it has prepared for retiring. On the floor with the hands, the feet to the wall, raise and then lower the body; not as taut, but relaxed, just raise and lower body three or four times; then a circular motion of the body on the hands, see? This isn't easy, but it will strengthen the whole condition of the spine, keep the abdominal muscles well as to general position of the body and keep the limbs in shape as to strengthen the muscles without being detrimental to any portion of the body. **This will help the circulation, aid the digestion and improve the general conditions of the body.** This do at least three times; that is, raise and lower the body three times and circle the body at least three times, morning and evening." See other readings in this series.

5273-1 FEMALE 51 6/26/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There is an **upsetting in the digestive system** which causes many, or most, of the effects which are produced by the lack of proper

digestion... (Q) **Is this the cause of the frequent headaches?**

(A) **It is the cause of the frequent headaches....** (Q) Is the body allergic? (A) No, these are more from conditions created by the unbalancing in the alkalinity and acidity through the body, see?

TREATMENT PLAN:

1. Fume baths with witchhazel followed by massage
2. Osteopathic relaxations
3. Colonic irrigation
4. Acigest
5. Diet - plenty of raw vegetables, oft prepared with gelatin

COMMENTS: An excess of alkalinity was noted in this case, with tendency for arthritis.

5285-1 MALE 25 6/27/44

ETIOLOGY AND PATHOPHYSIOLOGY: "Yes, as we find, the tendencies here are for the **accumulations of drosses** through the hindrances which have been experienced by an **accident, or a pressure as produced upon the areas in the sacral and ileac plexus**. These have brought about those tendencies for these segmentations, so that **the obstructions in circulation bring to the head accumulations, and thus the violent character of headaches experienced at times**. These, as we find, should be dissipated and, unless they are, may grow to **become constitutional or turn towards what is sometimes called migraine headaches**. **These are not true migraine, rather are they the thickening of tissue which causes the pressure over the eyes**, from the particular area indicated in the lumbar, and where the brush end of the cerebrospinal and the sympathetic nerve reflex, from the 3rd cervical, branch into the area."

TREATMENT PLAN:

1. Short wave therapy over lumbar/sacral area
2. Osteopathic treatment

COMMENTS: Note vasomotor (vascular) aspect to these headaches that resemble migraine. The background report stated: "I have had pains or headaches above my eyes for eight years and the doctors cannot locate the trouble, so that is my only question."

5288-1 FEMALE 43 6/28/44

ETIOLOGY AND PATHOPHYSIOLOGY: "... there has been **breakage in coordinations between the eliminating channels** of the body, **poisons which should be eliminated through the respiratory or perspiratory canal or kidneys, or through those centers where coordination is established between the lymph circulation and the cerebrospinal towards eliminating centers is indicated by the patches or activities of the emunctory of the body**. These in lumbar and sacral, 9th dorsal, brachial center, 3rd cervical are indicated as areas, and thus the nerve reflexes in which these **poisons** manifest in the form of blisters or patches, or splotches where, under the epidermis, there are accumulations of fluids which, as they are broken, produce greater inflammation in portions, wherever it may touch. While there are periods when there is some nausea, **headaches**, weakness, indigestion, poor eliminations, all of these indicate how each portion of the body, through the incoordination, puts a greater stress on the organs of the central nerve and blood supply. At times there are those tendencies for irritation or a cough; at times there are disturbances with the sensory organs, dizziness, blurring of eyes, the hearing, roarings or discomfort, pressure in the ear drums.... The sources are from clogging, as it were, with oils, the emunctory circulation as related to the cerebrospinal."

TREATMENT PLAN:

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1. Sinusoidal or short wave therapy to empty gall bladder and stimulate kidneys
2. Relaxing osteopathic massage
3. Lactated pepsin and milk of bismuth
4. Colonic irrigation
5. Positive attitude

COMMENTS: This appears to be a case of lack of coordination between the eliminating channels of the body. Note the various symptoms produced by this systemic toxicity.

5282-1 FEMALE 43 6/30/44

ETIOLOGY AND PATHOPHYSIOLOGY: "There are those conditions wherein the **digestive system becomes unbalanced, and headaches and a fullness in chest, conditions through the whole of the abdominal area may, through these periods, cause the greater disturbances to the body.** All of these as we find, are under those directions, those reactions, as of the subluxations which exist in the 4th lumbar. Also there is a circular lesion in that area of the upper portion of the 9th dorsal, in the brachial center and the 3rd cervical."

TREATMENT PLAN:

1. Osteopathic treatment to relax the body and set up drainages in addition to making correction of lesions

COMMENTS: Note association of headaches to gastric dysfunction produced by spinal lesions.

5287-1 FEMALE 27 6/30/44

ETIOLOGY AND PATHOPHYSIOLOGY: "In the nervous system we find the basis of the disturbance. In the 9th dorsal, through the brachial center and through the 3rd cervical center are the sources, where there are the subluxations which cause conditions through the pelvis to set up the disturbance for the inactivity in those periods when there should be a normal elimination through the body-functionings. Hence the periods of headaches, upsetting in the digestion, the weakness which arises from this combination from the plexus of the digestive force itself. Hence from the 9th dorsal these are disordered."

TREATMENT PLAN:

1. Osteopathic adjustments
2. Herbal tonic: Yellow Dock Root, Burdock Root, Buchu Leaves, Podophyllin
3. Basic diet
4. Positive mental attitude

COMMENTS: The tonic was to increase eliminations and also relieve headaches: "(Q) How may constipation be overcome? (A) Read these conditions as we have indicated here, we will find that so far as even the tonic is concerned, the active principle is in the Podophyllin as well as in the Buchu leaves for the organs of the pelvis, and the activity of the kidneys and bladder, which at times gives disturbance from the sympathetic conditions, and these will **relieve headaches which occur occasionally.**"

5323-1 FEMALE 26 7/5/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there is a complication of disturbances, for the central nervous system and the cerebro-spinal, or the sympathetic and cerebro-spinal systems are almost at variance one with the other. This comes, primarily from a **pressure created by a fall on the end of the spine, or the coccyx.** And this has produced nervousness at times, an overactivity of kidneys and bladder at others, constipation, **headaches**, a general nervousness, not able to sleep at times."

TREATMENT PLAN:

1. Osteopathic treatment (coccyx)

2. Fume bath with witchhazel followed by massage
3. Electotherapy (lying under green light)

COMMENTS: Reflex from coccyx injury was cited as primary cause of headaches.

5387-1 FEMALE 20 7/22/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, there has been for some time back a **subluxation which exists in the lumbar, the sacral and in the lower portion of the 9th dorsal.** These **suppressions to nerve energies** and the effect which is induced upon the activity of the **organs of the pelvis**, and to those reflexes through same at the actions in the glandular forces, **cause headaches**, cause backaches, cause the disturbance through the body. Unless these are corrected, there would not be the chance for pregnancy. These are the causes of the **womb being tilted to the side and those cause the suppressions in the periods** to the activities of the organs of body."

TREATMENT PLAN:

1. Osteopathic treatment
2. Glyco-Thymoline douches

COMMENTS: Note association of nerve reflexes to pelvic organs and headaches over left eye.

5363-1 MALE 62 7/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "As we find, the greater trouble remains or consists in the conditions where there are **lesions around the capsule of the kidneys** themselves.

These, at times, cause a great distress and these, while they have not upset the activities of the kidneys, owing to the nature of the adhesions, these have come originally from an **injury, this in many years back when there was a lack or a strain over the area of the 8th and 9th dorsal. These are lateral lesions....**

(Q) What is causing the headaches which occur? (A) These are the sources of the headaches."

TREATMENT PLAN:

1. Laudanum and aconite painted over spinal lesion
2. Short wave treatment
3. Osteopathic manipulations for drainages
4. Radial appliance
5. Constructive thinking

COMMENTS: Apparently the spinal lesions and effects to kidneys were the source of the headaches.

The background report stated: "What is causing and what should be done for the headaches which occur at 4 or 5 o'clock in the morning, for the past few years, gradually disappearing when I have been up 2 or 3 hours?"

273-2 FEMALE 66 8/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "The greater distress arises from not only the variation of the pressure in circulation, but the weakened conditions brought about by this alteration or **slowing of circulation, which leaves drosses through portions of the body.** These, especially, are being indicated in soft tissue throughout the body, thus involving the mucous membranes in abdominal areas, through intestinal tract, through organs of pelvis, through lungs, the head, nasal passages, soft tissue of face. And these **continued headaches are indications of the pressure as produced on nerves by the poisons that are parts of the accumulations.**

TREATMENT PLAN:

1. Change location to high altitude
2. Colonic irrigation
3. Fume bath with witchhazel followed by massage
4. Body building diet with vitamin B supplement

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COMMENTS: Note toxicity produced by slowing of circulation. Most of the treatments would tend to increase circulation.

4021-1 MALE 45 8/25/44

ETIOLOGY AND PATHOPHYSIOLOGY: "To be sure, attitudes oft influence the physical conditions of the body. No one can hate his neighbor and not have stomach or liver trouble. No one can be jealous and allow the anger of same and not have upset digestion or heart disorder. Neither of these is present here, and yet those attitudes have much to do with the accumulations which have become gradually the disorders that tend to produce those tendencies towards a neuritic-arthritic reaction. Stiffness at times is indicated in the locomotories; a nausea, or upsetting of the digestive system; **headaches seem to arise from a disturbance between liver and the kidneys themselves, though usually the setting up of better eliminations causes these to be eased.**"

TREATMENT PLAN:

1. Hydrotherapy: Fume baths, sitz baths, bubble baths followed by massage
2. Ultra-violet ray therapy with green glass
3. Colonic irrigation
4. Attitude adjustment

COMMENTS: The attitudinal aspects of this case are fascinating. Here is the recommendation for changing attitudes: "Then the attitudes of the body: Know that there is within self all healing that may be accomplished for the body. For, all healing must come from the Divine. For who healeth thy diseases? The source of the Universal supply. As the attitude, then, of self, how well do ye wish to be? How well are ye willing to cooperate, coordinate with the Divine influences which may work in and through thee, by stimulating the centers which have been latent with nature's activities. For, all of these forces must come from the one source, and the applications are merely to stimulate the atoms of the body. For each cell is as a representative of a universe in itself. Then what would ye do with thy abilities? As ye give to others, not hating them, to know more of the Universal Forces, so may ye have the more, for, God is love."

5389-1 MALE 38 8/29/44

ETIOLOGY AND PATHOPHYSIOLOGY: "These, while appearing of a complex nature, are all primarily the result of a pressure produced by a **skirmish or a wrestling wherein the areas of the 11th and 12th dorsal, and the 7th and 8th dorsal, have a lesion which is of a lateral nature.** These, with the pressures upon **the nerve supplies to the colon, produce a tendency for a filling or a plethora in portion of the transverse and descending colon.... (Q) What is cause of almost constant headache? (A) Pressures in the colon area upon the sympathetic nerve forces in the area of the 6th, 7th and 8th dorsal.**"

TREATMENT PLAN:

1. Colonic irrigation
2. Osteopathic treatment
3. Basic diet - more vegetables

COMMENTS: Note relation of spinal lesions to colon dysfunction and headaches.